

TREATISE  
ON  
FEBRILE  
DISEASES  
CAUSED  
BY  
COLD  
with  
500  
Cases

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傷寒論  
四冊

TREATISE  
ON FEBRILE DISEASES  
CAUSED BY COLD  
WITH 500 CASES

—A Classic of Traditional Chinese Medicine with Ancient  
and Contemporary Case Studies

*Written by Zhang Zhongjing*  
*Compiled and Translated by Luo Xiwen Ph.D.*

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## PREFACE

*Treatise on Febrile Diseases Caused by Cold (Shanghan Lun)* by Zhang Zhongjing has been used as a medical textbook for more than 1,700 years. Several hundred editions have been printed in full during this period. New editions are still being published at present for use by the students in all colleges of traditional Chinese medicine, as Zhang's work is not only utilized as a textbook on elementary theory but also remains directive in present-day clinical practice. The book is also studied by all the scholars and historians of the medical profession in China.

Zhang Zhongjing's book was originally known as *Treatise on Febrile Diseases Caused by Cold and Miscellaneous Diseases*; it was re-edited in the Western Jin dynasty (265-317) and the Southern Song dynasty (1127-1279) into two treatises known as *Treatise on Febrile Diseases Caused by Cold (Shanghan Lun)* and *Synopsis of Prescriptions of the Golden Chamber (Jinkui Yaolue Fanglun, or Jinkui Yaolue)*. The latter volume is also regarded as an important classic of traditional Chinese medicine.

My first translation of TCM classics is *Treatise on Febrile Diseases Caused by Cold (Shanghan Lun)*, which was published by the New World Press, Beijing in 1986. Shortly after the book was in circulation, I received a lot of letters of appreciation. Among my readers there have been some scholars who are interested in Chinese medicine but do not have a good command of the theory, and felt that it would be much better if the book could be accompanied by some case studies, so they can better understand the real meaning of such an ancient treatise. I thus decided to write another book of CASE STUDIES. The present book, *Treatise on Febrile Diseases Caused by Cold with 500 Cases*, is written for those scholars who wish to see how *Shanghan Lun* is still in use in China. Some scholars believe that such ancient books like *Shanghan Lun*, written some 1,700 years ago, can only be taken as historical records in the development of TCM. But this is not true. Not only in China, but also in Japan, Zhang Zhongjing's Classical Prescriptions (*Jing Fang*) are still in active use in clinical practice. A veteran TCM

doctor would feel honored if his clinical experience could be compiled into *Case Records of Classical Prescriptions*, as this may show he is a good scholar and a learned doctor who has been following Zhang Zhongjing's tradition. Therefore, it is not difficult for me to find adequate CASES in the application of the classic prescriptions, 500 cases have been carefully chosen to make a new book. In order to let readers peruse the original treatise, the full text is given. Compared with my former translation, the text is revised thoroughly and new explanations and annotations are added. As the treatise is closely related to acupuncture therapy, in most clauses acupoints that are suited to the treatment of the syndrome described in the previous clause are recorded. In each of the CASES, the readers can trace its source in the SOURCES in the Appendix.

I feel that the 500 cases recorded here can be helpful to readers in their understanding of TCM theory. Moreover, these cases can also be taken as references in their treatment of various cases in their professional activities. By this I mean that doctors should not use prescriptions or cases as an example to treat their patients in the same way. Since cases are always varied, you will never find a ready-to-use prescription in this book as you may in a Western medical book. Rather they are hints in diagnosing syndromes and principles or directions whenever the doctor encounters a similar case in his professional activities. Direct copying of any prescriptions is considered wrong and may cause problems.

Finally, I'd like to quote Dr. Joseph Needham, a great scholar whom I respect, in his FOREWORD written for my translation of *Shanghan Lun* in 1984:

It is a great privilege for me to be asked to introduce the translation of the *Shanghan Lun* which has been made by Dr. Luo Xiwen. I do not think that there has been any adequate translation so far of this fundamental and classical work in Chinese medical history into any European language. It will undoubtedly be a great help to those concerned with the history of medicine in Chinese culture.... Luo Xiwen in his present translation has therefore done a work of exceptional value which will contribute to the appreciation of the history of medicine in Chinese culture all over the world. Modern Western medicine has much to learn from all the traditional medical styles, and from the Chinese more than most. In an abstract of a discourse prepared for the XVIIth International Congress of Internal Medicine, held at Kyoto towards the end of 1984, we wrote "We have got to discuss the merits and demerits of both Chinese traditional and modern Western sys-

tems, the former organicistic, psychosomatic, perhaps inexact, certainly based on theories characteristic of ancient and medieval science; the latter atomistic and analytical, based on reductionist biological science and chemistry, but perhaps dangerous in the side-effects of its drugs, and liable to treat symptoms as such, rather than inquiring into the health and welfare of the entire human being." At that time I said that it is relatively easy today to combine Chinese with Western techniques, but it is quite difficult to restate the two medical philosophies in terms of one another.

Consequently, I wish every success to Luo Xiwen's translation. It will make Zhang Zhongjing and his *Shanghan Lun* live again in the minds of many historians of medicine all over the world.

In the APPENDICES, drugs, pulses, terminology, bibliography, original prescriptions in Chinese and SOURCES for the CASES are given to facilitate the reading. It is a book hard to digest, but it is also a book easy to use.

LUO XIWEN

Ph.D. in Oriental Medicine

Beijing,  
December 1990,  
Chinese Academy of Social Sciences



# CHAPTER I

## DIFFERENTIATION OF THE PULSE, SYMPTOM COMPLEX, AND TREATMENT OF THE *TAIYANG* (INITIAL YANG) SYNDROMES

### PART I

#### CLAUSE 1

A floating pulse (1), headache, stiff neck, and a feeling of chill are always the general symptoms and signs of the *Taiyang* (Initial Yang) syndrome (2) (3).

#### NOTES

1. Floating pulse: Pulse mighty when felt lightly but weak when felt deeply. Definitions of different pulses are quoted from *The Pulse Studies of Binhu*. See Appendix II for different pulses and the respective syndromes they represent.

2. *Taiyang* (Initial Yang) syndrome: Initial Yang syndrome is the first of a series of syndrome complex defined as the "Six Channel Symptom Complex."

According to "Plain Questions" of the *Canon of Medicine of the Yellow Emperor* (*Huangdi Neijing, Suwen*) the author used the "Six Channel Symptom Complex" to describe the different phases of the development of all febrile diseases caused by climatic factors (or exogenous pathogenetic factors such as Wind, Cold, Humidity-heat, Humidity, Dryness and Fire). Each phase is not an independent syndrome. They are the symptom complex of different phases in the development of the febrile diseases. Certain connections exist among the phases (Channels). Syndromes can transmit from one into another. The six Channels are as follows:

- a. The Urinary Bladder Channel of Foot *Taiyang* (Initial Yang), abbr. Initial Yang Channel;
- b. The Stomach Channel of Foot *Yangming* (Greater Yang), abbr. Greater Yang Channel;
- c. The Gall Bladder Channel of Foot *Shaoyang* (Lesser Yang), abbr. Lesser Yang Channel;
- d. The Spleen Channel of Foot *Taiyin* (Initial Yin), abbr. Initial Yin Channel;
- e. The Kidney Channel of Foot *Shaoyin* (Lesser Yin), abbr. Lesser Yin Channel;
- f. The Liver Channel of Foot *Jueyin* (Greater Yin), abbr. Greater Yin Channel.

As to why there should be only six Channels instead of the twelve Channels, Zhang Xichun (15 p. 393)\* explained: *Shanghan Lun* categorized the diseases into six Channels. But we have six Channels for the Hand Channels and another six Channels for the Foot Channels, totaling to twelve Channels. In *Neijing*, when Channels are dis-

cussed, a Foot Channel is referred to whenever they talked about Channels, without mentioning it is a Hand Channel or a Foot Channel. When the authors meant to talk about a Hand Channel, they clearly indicated that it is a Hand Channel. This is because the Foot Channels are generally longer and cover a wide area in the body. So when a Foot Channel is referred to, the corresponding Hand Channel should be considered part in the Foot Channel. Those who referred to the six Channels in *Shanghan Lun* as all Foot Channels really didn't understand the subtle intention of the author.

\*The number "15" in the parentheses represents a book. For details, see Appendix VI: "Sources in the Case Studies."

3. This clause outlines the pulse and symptoms of the Initial Yang syndrome, a pathological change indicating the diseased condition of the Initial Yang Channel. In order to differentiate the depth and seriousness of a disease, the ancient scholars had, in accordance with the locations of the Viscera and Bowels and the areas traversed by the Channels, divided the diseases into six Channel syndromes. By using the definitions of the three Yin and three Yang, Zhang Zhongjing the author wished to indicate the varied depth and seriousness of the syndromes.

Initial Yang Channel is a Channel circulating in the surface area of the body, acting as a defense line against any possible invasion of the climatic pathogenetic factors, such as Wind, Cold, Humidity-heat, Humidity, Dryness and Fire. As any of the above pathogenetic factors is likely to attack the Initial Yang Channel by the first chance, it is therefore called the "first" (the number one) of the six Channels. Symptoms arising from the invasion of pathogenetic factors are the main characteristics of the Initial Yang syndrome. The principal pulse condition and symptoms of such disease are those described in the text: floating pulse, headache, stiff neck, and a feeling of chill. All Initial Yang syndromes, no matter it be febrile disease caused by Cold (*Shanghan*) or febrile disease caused by Wind (*Zhongfeng*) bear the same principal symptoms and pulse conditions as such.

As to why there should appear the symptoms of headache, stiff neck and feeling of chill, it can be explained by the fact that the Initial Yang Channel passes through the area of the head, the neck and the back. Since the head is an area where all the three Yang Channels meet, the following comparison will help differentiate the symptom of headaches arising from the three Yang Channels:

TABLE 1. HEADACHE OF THE THREE YANG CHANNELS

Headache of	Location and characteristics
Initial Yang	At the back of the head, linked to the neck, with stiff neck
Greater Yang	At the front of the head, with the forehead as the worst, severe pain with a swelling sensation
Lesser Yang	At both ends of the forehead, painful feeling with dragging pain

*Acupuncture Points*:\* Dazhui (DU 14), Dazhu (BL 11), Fengmen (BL 12), Shenmai (BL 62), Houxi (SI 3).

\*All the acupuncture points in this book are quoted from *Shanghan Lun Zhenjiu Peixue Xuanzhu* (Selected Annotations to the Corresponding Acupoints Applied to Cases in *Shanghan Lun*), Shan Yutang, 1984.

## CLAUSE 2

The Initial Yang syndrome with symptoms and signs of fever, perspiration, chill and moderate pulse (1) is termed febrile disease caused by Wind (2).

### NOTES

1. Moderate pulse: It is a bit faster than slow pulse. It beats four times during a breath, steadily and softly, like a willow branch waving in the gentle breeze of early spring. Moderate pulse is considered to be the pulse reflecting the normal physiological condition of human body. Here, moderate pulse refers to moderate-floating pulse, as it is under the influence of Initial Yang syndrome.

Perspiration, chill and moderate pulse are symptoms suggesting a pathological condition of the Exterior Deficiency (*Biaoxu*). In other words, the patient is not enjoying a strong physical build, so the moment when he is attacked by climatic pathogenetic factors, such symptoms will appear. A person who enjoys a good health has strong muscles and closed skin, which will forcibly resist any possible invasion of such climatic influence. Should any climatic factors attack, pathological condition of Exterior Excess (*Biaoshi*, without perspiration and with tense pulse — see Clause 3) will result.

2. Febrile disease caused by Wind (*Zhongfeng*): Literally, *Zhongfeng* means disease caused by Wind. This term may refer to two kinds of diseases:

- a. The disease described by this clause;
- b. Apoplexy.

In this clause, it refers to the disease as described in the text.

## CLAUSE 3

The Initial Yang syndrome with or without fever, but with chill and pain in the body, nausea, vomiting and pulse tense (1) both in Yin and Yang (2), is termed febrile disease caused by Cold (*Shanghan*) (3).

### NOTES

1. Tense pulse: Mighty both in appearing and disappearing, resembling the feeling of a tightened swirling rope.

2. Feeling pulse both in Yin and Yang: Yin means pulse under ring-finger (*Chi Mai*, pulse on the Cubit) and Yang means pulse under fore-finger (*Cun Mai*, pulse on the Inch).

Inch, Bar and Cubit — three places on the wrist over the radial artery to feel the pulse. The Bar is just over the eminent head of the radius at the wrist, where the tip of the physician's middle-finger is placed; the Inch is next to it on the distal side, where the tip of the physician's index-finger rests; the Cubit is on the proximal side where the tip of the physician's ring-finger is placed. The Inch, the Bar and the Cubit (*Cun*, *Guan* and *Chi* in Chinese) on the left wrist represent the pulse condition of the Heart, the Liv-



er, and the Kidney respectively; while those on the right represent the pulse condition of the Lung, the Spleen and the "Vital Gate" (*Mingmen*).

Three phases of pulses (quotation from the *Pulse Studies of Binhu*): Pulse under the fore-finger is called *Cun* pulse. Pulse under the middle finger is called *Guan* pulse. Pulse under the ring finger is called *Chi* pulse. They are also called the Upper, Middle and Lower Phase Pulses. Upper, Middle and Lower Phase Pulses represent the pathological conditions of the Upper, Middle and Lower Portions of the Body Cavity (*Sanjiao*). According to the definition of Yin and Yang, the Lower Portion of the Body Cavity is Yin when compared with the Upper Portion of the Body Cavity, which is Yang. So the pulse under the fore-finger which represents the condition of the Upper Portion of the Body Cavity is of a Yang nature.

3. Febrile disease caused by Cold mentioned here indicates *Shanghan* in its narrow sense, i.e., a disease that can be treated with Decoction of Herba Ephedrae (*Mahuang Tang*, see Clause 35), or Decoction of Herba Ephedrae syndrome.

#### CLAUSE 4

During the first day of febrile disease caused by Cold, the syndrome is at the Initial Yang Channel. If the pulse is quiet (1), the syndrome is not transmitting (into the next Channel) (2). When the patient is restless and nauseated, and the pulse is speedy (3) and mighty, then the syndrome is transmitting.

#### NOTES

1. The pulse is quiet: the pulse stays as it is, having no change.
2. According to the Chapter "On Febrile Diseases" in *Plain Questions of the Neijing*, the transmission of Channels is in a regular order, i.e., the first day, the syndrome is at the Initial Yang Channel; the second day it transmits into the Greater Yang Channel; the third day into the Lesser Yang Channel; the fourth day into the Initial Yin Channel; the fifth day into the Lesser Yin Channel; and the sixth day into the Greater Yin Channel. But in clinical observation, the order is not as regular as that. Syndromes are generally defined as being of the relative Channels according to the relevant symptoms and signs.
3. Speedy pulse: the pulse beats six times during a breath.

#### CLAUSE 5

During the first two or three days of febrile disease caused by Cold, if the symptoms of Greater Yang and Lesser Yang (1) do not appear, then the syndrome is still at the Initial Yang Channel; it is not transmitting.

#### NOTES

1. For symptoms of Greater Yang and Lesser Yang, see Clauses 96, 180, 182 and 263.

## CLAUSE 6

The Initial Yang syndrome with fever and thirst but without chill is termed acute febrile disease (*Wenbing*) (1). After adoption of diaphoresis (2), if the patient feels a scorching heat in the body, it is termed acute febrile disease caused by Wind (*Fengwen*), which bears the symptoms and signs of floating pulse at Yin and Yang, perspiration, a heavy feeling in the movement of the limbs, a tendency to fall asleep and snore soundly, and difficulty in pronunciation. A dose of purgative will cause dysuria or incontinence of urine and a staring vision.

If the patient is scorched for the purpose of diaphoresis (3), his skin first turns yellowish, and then convulsions and spasms will occur. After one incorrect treatment, there are still a few days left for a rescue. If the patient is scorched again, no time will be left for rescue (4).

## NOTES

1. Here it is febrile disease caused by Heat or febrile disease without chill, *Wenbing*, according to different ways of translation. Treatment of febrile diseases differs with the causes of the syndromes — the six climatic factors. If febrile disease is caused by Cold, the treatment should be “dispelling the Exterior syndrome with pungent-tasting and warm-quality\* herbal decoction.” When it is caused by Heat, the treatment should be “dispelling the Exterior syndrome with pungent-tasting and cool-quality herbal decoction.” This is understood as “treatment on the basis of analyzing and differentiating the individual pathological condition.”

\*Taste, quality and movement of the herbs (drugs):

Tastes (*wei*) — Bitter, pungent, sour, sweet, salty and plain (tasteless);

Quality (*xing*) — Warm, hot, cool, cold and plain (or mild);

Movement (*sheng, jiang, chen, fu*) — Ascending, descending, floating and sinking.

2. Adoption of diaphoresis or a diaphoretic, an emetic, or a purgative as shown in later clauses would generally mean the adoption of a decoction (or in some cases a powder or medicinal pills) which functions as a diaphoretic, an emetic or a purgative, etc.

3. This was a means of diaphoresis in ancient time.

4. Table 2 on the next page will help differentiate symptoms and signs of cases of *Shanghan*, *Zhongfeng*, *Wenbing* and *Fengwen*.

*Acupuncture Points:* Hegu (LI 4), Dazhui (DU 14), Zusanli (ST 36), Taixi (KI 3), Zulinqi (GB 41), Feishu (BL 13), Zhongchong (PC 9), Daling (PC 7), Fuliu (KI 7), Sanyinjiao (SP 6), Shenmen (HT 7), Neiguan (PC 6). Moxibustion therapy is always prohibited to cases of a Heat nature.

## CLAUSE 7

The syndrome with fever and chill comes from Yang (1) and takes seven days to heal; that with chill but no fever comes from Yin (2) and

TABLE 2. DIFFERENTIATION OF SYMPTOMS AND SIGNS OF  
SHANGHAN, ZHONGFENG, WENBING AND FENGWEN

Syndrome	Pulse	Symptoms and signs	Differentiation
<i>Shanghan</i>	Floating, tense	Fever (or without fever), aversion to cold, no perspiration, with body pain, nausea and panting	Pulse floating and tense, no perspiration
<i>Zhongfeng</i>	Floating, moderate	Fever, aversion to wind, with perspiration, snoring and nauseating	Pulse floating and moderate, with perspiration
<i>Wenbing</i>	Speedy, moving	Fever, thirst, no chill	Thirst, no chill (there might be a slight chill at the onset)
<i>Fengwen</i>	Floating at both Yin and Yang	Scorched body, spontaneous perspiration, heaviness, tendency to fall asleep, snore soundly, difficulty in pronunciation	Pulse floating both in Yin and Yang, scorched body, spontaneous perspiration

takes six days to heal. Seven is a Yang (odd) number and six is a Yin (even) number.

#### NOTES

1. Yang here refers to the syndrome characterized by a nature of Excess and Heat.
2. Yin here refers to the syndrome characterized by a nature of Deficiency and Cold. People of different physical characters manifest different symptoms and signs when they are affected by the exogenous pathogenetic factors of Wind and Cold. A patient who has a physical condition of the excessive and Heat type will bear a syndrome of a Yang nature with fever. In such a case, the disease comes from Yang. A patient who has a physical condition of the deficient and Cold type will bear a syndrome of a Yin nature without fever. In such a case, the disease comes from Yin.

#### CLAUSE 8

Initial Yang syndrome: If headache subsides in more than seven days, it is because the syndrome has circulated through the Initial Yang Channel. If the syndrome tends to transmit into the next Channel (Greater Yang), then acupuncture on acupoints of the Stomach Channel

of Foot *Yangming* (Greater Yang) will stop the transmission of Channels. Thus, the syndrome is gone.

*Acupuncture Point*: Zusanli (ST 36).

## CLAUSE 9

The Initial Yang syndrome subsides approximately between *si* and *wei* (*Shichen*) (1).

## NOTES

1. Zhang Zhongjing understood that different syndromes subside in certain *Shichen* (two-hour period). The following is the ancient system of dividing 24 hours into 12 *Shichen*.

TABLE 3. A SYSTEM OF DIVIDING 24 HOURS INTO 12 *SHICHEN*

<i>Shichen</i>	Hours	<i>Shichen</i>	Hours
<i>zi</i>	23:00 - 1:00	<i>wu</i>	11:00 - 13:00
<i>chou</i>	1:00 - 3:00	<i>wei</i>	13:00 - 15:00
<i>yin</i>	3:00 - 5:00	<i>shen</i>	15:00 - 17:00
<i>mao</i>	5:00 - 7:00	<i>you</i>	17:00 - 19:00
<i>chen</i>	7:00 - 9:00	<i>xu</i>	19:00 - 21:00
<i>si</i>	9:00 - 11:00	<i>hai</i>	21:00 - 23:00

Time periods (*Shichen*) when the syndrome of the six Channels are likely to subside are as follows:

- Initial Yang from *si* to *wei* (9:00 - 15:00);
- Greater Yang from *shen* to *xu* (15:00 - 21:00);
- Lesser Yang from *yin* to *chen* (3:00 - 9:00);
- Initial Yin from *hai* to *chou* (21:00 - 3:00);
- Lesser Yin from *zi* to *yin* (23:00 - 5:00);
- Greater Yin from *chou* to *mao* (1:00 - 7:00).

## CLAUSE 10

After the dispersion of the Exterior syndrome (1) of a patient who is apt to catch febrile disease caused by Wind, it still takes twelve days for him to get rid of general malaise (2).

## NOTES

1. Exterior syndrome: as shown in Clauses 1 and 2. At the first stage of febrile disease caused by climatic factors, the pathogenetic factors first attack the Initial Yang Channel, as Yang always represents the Exterior, and Initial Yang is the first Channel among the three Yang Channels.

2. Twelve days are needed for the full recovery of the Body Resistance (*Zhengqi*)\* and the thorough dispersion of the pathological condition.

Wei Litong:\*\* This clause indicates that after the dispersion of febrile disease caused by Wind of the Initial Yang syndrome, the remaining Wind pathogenetic factors will disperse gradually by itself. No treatment is needed.

\*Body Resistance (*Zhengqi*): A general description of the vitality of physiological activity. When the term is used in contrast with pathogenesis, it refers to vitality and capability to resist disease.

\*\*Wei Litong was a scholar who had written a book annotating *Shanghan Lun*. To trace the book, see SOURCES in Appendix VI.

## CLAUSE 11

If the patient has a high fever but wishes to have more clothes on, it indicates "Cold in the marrow, but Heat on the skin" (1); if the patient feels a chill but wishes to remove clothing, it is "Heat in the marrow, but Cold on the skin."

### NOTES

1. "Marrow" refers to the Interior and "skin" refers to the Exterior. This clause describes the symptoms and signs of "Real Cold with false Heat"\* and "Real Heat with false Cold."\*\*

\*Real Cold with false Heat: A syndrome of Yin but with symptoms similar to Yang. The syndrome is of a Cold nature. But when the Cold is in its extreme, there will be symptoms and signs of false Heat appearing at the same time: Hot on the skin (or body), a flushed face, thirst for water, irritation of the four extremities, with grand and huge pulse. Characteristics of such a syndrome are as follows: Hot on the skin, the patient wishes to cover himself with clothes and a quilt; irritable in the extremities, yet with ease of mind and spirit; thirsty for water, yet cannot drink much; tongue coating is dark, but also slippery and watery; pulse is grand and huge, but without strength. Thus, this is actually a symptom of deficient Yang appearing at the Exterior.

\*\*Real Heat with false Cold: A syndrome of Yang but with symptoms similar to Yin. The syndrome is of a Heat nature. But when the Heat is in its extreme, there will be symptoms of false Cold appearing at the same time: Cold in the four extremities and a slender pulse. Characteristics of the syndrome are as follows:

Fearing cold, yet disliking clothes and quilt; cold in the extremities, but hot in the chest and abdomen. Other symptoms of a Heat nature may also appear: Restlessness with a thirst for water, a parched throat, halitosis, yellowish and dry tongue coating, constipation with strong smell, abdominal distention and a pulse slender but mighty.

## CLAUSE 12

The pulse of Initial Yang febrile disease caused by Wind is floating when felt at the surface and weak in depth. Floating at the surface signifies Heat (1). Weak in depth signifies spontaneous perspiration (2). Prescribe Decoction of Ramulus Cinnamomi when the patient feels chill and fears wind, uneasy because of a fever, nauseous and with a tendency to snore.

## NOTES

1. "Pulse floating at the surface" signifies a floating and grand Vital Resistance\* which causes the Heat.

2. "Pulse weak in depth" signifies insufficiency of Nutrient Essence\*\* which causes spontaneous perspiration. Weak pulse: Absolutely soft, deep and weak. It can only be sensed when felt deeply.

\*Vital Resistance (*Wei Yang* or *Wei Qi*): One element of Yang Vital Energy. Because it is characterized by the resistance against exogenous pathogenetic factors and in defense of the Exterior, the skin and muscle and layer of the body, so it is termed Vital Resistance.

\*\*Nutrient Essence (*Ying*): Nutrient essence inside the blood vessels. Substance of essence produced by digestion of food, the "essence of water and cereals." It spreads among the Viscera and Bowels and other organs of the body. Secondly, it also means the blood vessel. Sometimes it means Blood.

Decoction of Ramulus Cinnamomi  
(*Guizhi Tang*):

Ramulus Cinnamomi*	3 <i>liang</i> **
Radix Paeoniae	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.

Chop\*\*\* the above five drugs, stew them in seven *sheng*\*\*\*\* of water on a slow fire till three *sheng* of the decoction are left. Filter the decoction. Take one *sheng* of the decoction when lukewarm.\*\*\*\*\* After a while, take one *sheng* of porridge to assist the decoction for better efficacy. Cover the patient with a quilt for two hours to get perspiration. A light sweat all over the body would be suitable. If the sweat is too watery, it will not do any good to the patient. After taking one *sheng* of the decoction, if the syndrome has gone, stop taking the rest of the decoction. If there is no sweat after taking the first one *sheng*, then finish the remaining two *sheng* within half a day. If it is a serious case, take the decoction at intervals during 24 hours. If there is still no sweat, take two or three doses continually. Diet taboo: Cold dishes, food difficult to digest, food with strong flavor.

\* Ramulus Cinnamomi: Drugs are all in Latin notation. Chinese and English names and other details of all the drugs used in this book can be found in Appendix I.

\*\*One Eastern Han *liang* is equivalent to 6.96 grams.

\*\*\*Chop the herbs: In ancient time, herbs were not chopped by the pharmacy.

\*\*\*\*One Eastern Han *sheng* is equivalent to 198.1 milliliters.

\*\*\*\*\*Unless otherwise stated, all decoctions should be served warm.

*Remark:* The weight and volume system differs in different historical periods. According to some annotators, the weights and volumes mentioned in this book can be converted according to the following table, though this table may be different according to other sources. Therefore, Decoction of Ramulus Cinnamomi in two contemporary uses is given as a reference (see Table 5).

TABLE 4. A SYSTEM OF WEIGHT AND VOLUME

	1 <i>liang</i>	3 grams
	1 <i>sheng</i> (weight)	18-30 grams
	1 <i>sheng</i> (volume)	60-80 milliliters
	1 <i>fangcunbi</i>	6-9 grams
	1 <i>qianbi</i>	1.5 grams
	1 <i>chi</i>	about 30 grams
	as big as an egg	about 45 grams
Volume:	1 <i>hu</i>	10 <i>dou</i>
	1 <i>dou</i>	10 <i>sheng</i>
	1 <i>sheng</i>	10 <i>ge</i>
Weight:	1 <i>jīn</i>	16 <i>liang</i>
	1 <i>liang</i>	4 <i>fen</i>
	1 <i>fen</i>	6 <i>zhu</i>

TABLE 5. DOSAGES OF DECOCTION OF RAMULUS CINNAMOMI  
IN TWO CONTEMPORARY USES

	First prescription	Second prescription
Ramulus Cinnamomi	9 grams	9 grams
Radix Paeoniae Alba	9 grams	9 grams
Radix Glycyrrhizae Praeparata	3 grams	6 grams
Rhizoma Zingiberis Recens	9 grams	6 grams
Fructus Ziziphi Jujubae	7 pcs.	4 pcs.

*Explanation of the Prescription:* Decoction of Ramulus Cinnamomi is the principal prescription for febrile diseases caused by Wind of the Initial Yang Channel. Its function is to harmonize the Vital Resistance and the Nutrient Essence. The pungent-taste and warm-quality of Ramulus Cinnamomi dispels the Exterior syndrome. The sour-taste and cold-quality of Radix Paeoniae harmonizes the Nutrient Essence. Rhizoma Zingiberis Recens helps Ramulus Cinnamomi to dispel the syndrome from the muscle (the Exterior); Fructus Ziziphi Jujubae helps Radix Paeoniae in harmonization. Radix Glycyrrhizae Praeparata is used to harmonize the decoction.

Decoction of Ramulus Cinnamomi is one of the most frequently used prescriptions of *Shanghan Lun*, which, together with those in *Jinkui Yaolue Fanglun*, are regarded as "Classical Prescriptions." Most of the Classical Prescriptions, or *Jing Fang*, are being widely used in clinical practice. In the "CASES" that follow, the reader will find a collection of case studies gathered from both ancient and present-day literatures that constitute an important part in the understanding of *Shanghan Lun*. The more frequently the prescription is being used, the bigger the number of cases collected in this book.

*Acupuncture Points:* Fengchi (GB 20), Jinggu (BL 64), Houxi (SI 3), Shenmai (BL 62) and Zusanli (ST 36).

## CASES

## Case 1 (12 p. 2): Low Fever

Female patient, 41 years old. Low fever lasted for two months, accompanied by headache, lumbago, general fatigue. After treatment for two months with aspirin, Pavlov mixture, sintomycin and streptomycin, low fever remained as it was and the patient turned to a TCM doctor.

Diagnosis: Afternoon fever (37.4-38.4 °C) lasted for four months, aversion to cold at dusk and evening, spontaneous perspiration, vertigo and fatigue, pulse slender and soft, with thin white tongue coating. A case of disharmonious state of Nutrient Essence (*Ying*) with Vital Resistance (*Wei*).

Treatment: To harmonize the *Ying* and *Wei* with Decoction of Ramulus Cinnamomi with additions:

Ramulus Cinnamomi  
 Radix Paeoniae  
 Radix Glycyrrhizae  
 Rhizoma Zingiberis Recens  
 Fructus Ziziphi Jujubae  
 Concha Ostreae Usta

After administration of 20 doses of the above herbal decoctions, all the symptoms and signs disappeared. As a final treatment, placental tablets were given to tonify and nourish the weakness.

## Case 2 (12 p. 3): Spontaneous Perspiration

Young fisherman with stout build. On a summer day with sweat all over his body he dived into the sea to fish right after having his lunch. When he returned home from the sea he sweated a lot. During the following year he suffered from spontaneous perspiration all the year round. Profuse perspiration consumed him and finally made him unable to work, with symptoms and signs of numbness in the extremities, vertigo, pulse floating and moderate, but strengthless when pressed deeply, with no thirst and reduced urination. Perspiration aggravated daily at noon and dusk. Appetite was still good.

Diagnosis: While the patient was sweating, sweat pores were open. When he suddenly dived into the sea, cold water made the pores shut suddenly, which later hampered the normal physiological activities of opening and shutting of the pores. Although the disease lasted for more than a year, his internal organs were not yet damaged, which is why his pulse was still floating-moderate.

Treatment: Adoption of Decoction of Ramulus Cinnamomi to bring about a slight perspiration so as to harmonize the *Ying* and *Wei*.

## First Treatment:

Ramulus Cinnamomi	9 grams
Radix Paeoniae	9 grams
Radix Glycyrrhizae Praeparata	3 grams
Fructus Ziziphi Jujubae	7 pcs.
Rhizoma Zingiberis Recens	9 grams

A cup of porridge was served. Let the patient lie down. Avoid exposure to wind for a few hours.



Second Treatment: The third day after he finished the decoction, he began to feel warm all over the body and comfort over the extremities. Perspiration halted. Another two doses of the above prescription with the addition of 15 grams of Radix Astragali in each dose were prescribed after which a full recovery was achieved. No recurrence was traced in the following seven years.

Case 3 (18 p. 3): Facial Paralysis

Male patient, 6. Facial paralysis on the right lasting for 10 days; unable to close his right eye, with mouth deviation and difficulty in chewing. Tongue coating was thin and pale, pulse slender and tight.

Diagnosis: Accumulation of pathogenetic factors of Wind and Cold that has hampered the normal functioning of the Channels and Meridians.

Treatment: Decoction of Ramulus Cinnamomi with additions and subtractions:

Ramulus Cinnamomi	9 grams
Radix Paeoniae Alba	9 grams
Radix Glycyrrhizae	4.5 grams
Fructus Ziziphi Jujubae	5 pcs.
Rhizoma Typhonii	9 grams
Scolopendra	2 grams

After administration of five doses there was a great improvement. A full recovery was achieved after another five doses.

Case 4 (18 p. 4): Temporary Blindness

Male patient, 20. A year ago the patient's eyes were red and swollen. After treatment with Western medicine swelling subsided, but gradually he lost his vision. From appearance his eyes were wide open but he could not see anything. He was retained in the hospital and treated with both Western and Chinese medicine for a year. Most of the decoctions of TCM he took were aimed at eliminating the Heat and purging the Fire.

Diagnosis: At first, when he had swollen eyes he still could see things, but when the swollen condition disappeared, he gradually lost his vision. This shows that excessive administration of decoctions of bitter-taste and cold-quality had damaged the internal Vital Energy, causing the imbalance of *Ying* and *Wei* in their normal circulation. Thus, the Vital Essence and the Blood did not provide nourishment to the eyes, causing blindness. Such blindness is not caused by the ailment of the eyes, but is actually caused by the disharmonious condition of *Ying* and *Wei*. Classics state: "Eyes can see when they are provided with Blood."

Treatment: Such being the diagnosis, Decoction of Ramulus Cinnamomi is prescribed to harmonize the *Ying* and *Wei*:

Ramulus Cinnamomi	9 grams
Radix Paeoniae	9 grams
Rhizoma Zingiberis Recens	9 grams
Fructus Ziziphi Jujubae	18 grams
Radix Glycyrrhizae	9 grams

After six doses were taken the patient reported, during his second visit, that he began to see light after taking the third dose and was able to see things more clearly when he finished the six doses. Another six doses of the same prescription were given. Two weeks later his vision returned to normal and he was able to read books and newspapers. The doctor made a visit to the patient a year later and found no signs of recurrence.

#### Case 5 (18 p. 5): Test of Pregnancy

Decoction of *Ramulus Cinnamomi* adding *Radix Astragali* and *Rhizoma Ligustici Chuanxiong* can be used to test pregnancy. If the patient feels some movement in her lower abdomen after taking the decoction, it shows a pregnancy. There will be no such reaction if there is no pregnancy. This prescription also has the effect of easing the nausea and vomiting and abdominal pain during early pregnancy.

#### Case 6 (22 p. 5): Extreme Cold

Male patient in his fifties. It was a hot day in August 1971 when the patient first came to visit the doctor. With his padded coat and trousers on, he reported a feeling of extreme cold and profuse perspiration. The more he sweated the more sensitive he was to wind. The moment he took off his padded coat he felt extremely cold and had a cold sweat. That's why he had to have his winter clothes on even on hot summer days. His appetite was poor and he always felt fatigued.

Diagnosis: Disease was caused by the deficient state of the Body Resistance and imbalanced condition of *Ying* and *Wei*.

Treatment: Decoction of *Ramulus Cinnamomi* was prescribed for five doses. Five days later when he visited the doctor again, he rode his bicycle with his thinner coat on. No aversion of wind was reported and perspiration was also reduced. Two weeks later he was able to accompany another patient to see the doctor with only his shirt on this time, declaring his full recovery and expressed his thanks to the doctor.

#### Case 7 (22 p. 5): Contraction of Genitals

Male patient, 36. Contraction of penis and scrotum with severe pain over the lower abdomen lasting for more than a year. Drugs to tonify the Deficiency of the Kidney were given repeatedly, but to no avail. The patient had good appetite, normal stool and urination, pulse was tight and moderate.

Diagnosis: Extreme Yang ascending to the upper portion and Cold prevailed at the Kidney.

Treatment: Decoction of *Ramulus Cinnamomi* adding *Os Draconis* and *Concha Ostreae* to bring down the ascending Yang and harmonize the Yin and Yang (*Ying* and *Wei*).

<i>Ramulus Cinnamomi</i>	12 grams
<i>Radix Paeoniae Alba</i>	12 grams
<i>Rhizoma Zingiberis Recens</i>	12 grams
<i>Os Draconis</i>	12 grams
<i>Concha Ostreae</i>	12 grams
<i>Radix Glycyrrhizae</i>	9 grams
<i>Fructus Ziziphi Jujubae</i>	12 pcs.

Significant improvement was experienced after taking four doses and full recovery was achieved when 20 doses were consumed.

## Case 8 (24 p. 4): Chronic Diarrhea

An adult female patient suffered from chronic diarrhea for several consecutive years, with very bad appetite. She was extraordinarily thin, with scaly skin and had to stay in bed. After all treatments failed she was treated with a big dose of Decoction of *Ramulus Cinnamomi*. She then perspired a little and the diarrhea stopped. Decoction of *Bulbus Lilii* and *Rhizoma Anemarrhenae* was adopted, supplemented by diet therapy for a full recovery.

## Case 9 (24 p. 6): Influenza

Decoction of *Ramulus Cinnamomi* adding *Radix Astragali* etc., is good for influenza in adults. In a study of 95 cases reported by *Jiangxi Zhongyiyao* (TCM Magazine of Jiangxi Province, 1:21, 1960), the following table tells of the wonderful efficacy (subsidence of symptoms and signs) of the prescription:

TABLE 6. THE EFFICACY OF THE PRESCRIPTION

Number of decoctions taken	Percentage of subsidence (recovery)
2 doses	21%
3 doses	45%
4 doses	29%
5 doses	5%
Average: 3 doses	Efficacy rate: 100%

The prescription was as follows:

<i>Radix Astragali</i>	9 grams
<i>Ramulus Cinnamomi</i>	3 grams
<i>Radix Paeoniae Alba Praeparata</i>	6 grams
<i>Radix Glycyrrhizae Praeparata</i>	3 grams
<i>Semen Sinapis Alba</i>	9 grams
<i>Rhizoma Pinelliae</i> (prepared with ginger)	6 grams
<i>Rhizoma Zingiberis Recens</i>	6 grams
<i>Fructus Ziziphi Jujubae</i>	3 pcs.

## Case 10 (24 p. 8): Urticaria

Female patient, 32, suffering from a skin rash for five to six years, which was becoming progressively worse. She had been treated by Western medicine with injections of calcium gluconate and oral medication of benadryl and had also been given multi doses of herbal decoctions aimed at dispersing the pathogenetic Wind and removing the Blood Stasis. None were of any use. TCM physician, Dr. Gu, prescribed Decoction of *Ramulus Cinnamomi* adding *Radix et Rhizoma Rhei* 3 grams, *Fructus Trichosanthis* 12 grams and *Fructus Cannabis* 12 grams. Three hours after taking the first decoction the itching greatly subsided, and the skin rash began to disappear. Slight perspiration all over the body and loose bowel motions were experienced. No recurrence was ever

reported within a period of more than half a year. (Reported by Gu Jieshan, *Jiangsu Zhongyi*—TCM Magazine of Jiangsu Province, 2:24, 1958.)

*Summary: Guizhi Tang* (Decoction of Ramulus Cinnamomi) is the first decoction in *Shanghan Lun*. With additions and subtractions, it appears in *Shanghan Lun* and *Jinkui Yaolue* as many as 29 times (29 different prescriptions based on Decoction of Ramulus Cinnamomi). From this, we can easily understand why it is named the “number one” prescription among the classical prescriptions. The principal symptoms and signs are moderate pulse and spontaneous perspiration. Its mechanism is the disharmonious condition of *Ying* and *Wei*. For all syndromes, no matter how complicated they may be, Decoction of Ramulus Cinnamomi can be used successfully so long as the principal symptoms exist. Later scholars studied the prescriptions repeatedly and further developed their scope of application. One of the scholars commented that the prescription is one that can harmonize Yin and Yang, eliminate the pathological condition of the upper portion, the lower portion, and the Exterior as well as the Interior. In a case with Exterior syndrome, it serves as a medication to expel the pathogenesis in the muscle and harmonize the *Ying* and *Wei*. In a case with Interior Deficiency, it can help germinate the Vital Energy and harmonize the Yin and Yang. In recent years, more and more cases that have been cured by Decoction of Ramulus Cinnamomi are reported, thus enlarging the application of the prescription. Cases cited in this book are only a few examples of its successful application. For further studies please read the books quoted in the SOURCES in Appendix VI.

## CLAUSE 13

Decoction of Ramulus Cinnamomi fits all Initial Yang syndromes on observation of the following symptoms and signs: headache, fever, sweating and fearing wind (1).

### NOTES

1. The diagnosis of *Shanghan* and *Zhongfeng* lies mainly on the differentiation of symptoms and signs. Excessive state at the Exterior with no perspiration indicates a case of *Shanghan*; deficient state of the Exterior with perspiration signifies a case of *Zhongfeng*. In other words, we can tell the cause of disease — the pathogenetic Wind or Cold — from the symptoms and signs. The case described in this clause is a typical *Zhongfeng* syndrome, which can be effectively treated by Decoction of Ramulus Cinnamomi.

*Acupuncture points:* To reduce headache and fever, puncture on Dazhui (DU 14), Feishu (BL 13), Fengfu (DU 16), Fengchi (GB 20). To stop perspiration and aversion to wind, puncture on Houxi (SI 3), Shenmai (BL 62), Jinggu (BL 64), Dazhu (BL 11), Zusanli (ST 36).

## CASES

Case 1 (11 p. 386): *Zhongfeng*

Xu Shuwei (writer of *Benshifang*) treated a patient who was suffering from febrile disease caused by Wind. With symptoms and signs of fever, spontaneous perspiration, aversion to wind and sneezing, pulse floating above the Bar position and weak below the Bar position, the disease lasted for a long time until the patient came to doctor Xu, who treated him with Decoction of Ramulus Cinnamomi. After taking one dose the patient had slight perspiration and had fully recovered the next morning.

Case 2 (11 p. 386): *Zhongfeng*

Xu Shuwei once treated a female patient who was having fever, aversion to Wind, spontaneous perspiration and floating-weak pulse. The patient was told to take Decoction of Ramulus Cinnamomi. She said she had prepared Decoction of Ramulus Cinnamomi, so she took three doses of her own medicine consecutively, but to no avail. The doctor examined the herbal decoction and found that the Ramulus Cinnamomi used in the decoction was actually Cortex Cinnamomi, which was a common mistake. The patient was then given another dose of Decoction of Ramulus Cinnamomi with the right ingredients after which she returned to normal after taking only one dose.

## CLAUSE 14

Initial Yang syndrome: If the patient feels stiff in the back and neck (1), perspires and fears wind, prescribe Decoction of Ramulus Cinnamomi adding Radix Puerariae (2).

## NOTES

1. The Urinary Bladder Channel of Foot *Taiyang* (Initial Yang) passes through the neck and back. Thus the Initial Yang syndrome affects that part of the body.

2. Zhang Zhongjing had set an example of using the prescriptions in a flexible way: In a case of *Zhongfeng* with perspiration and aversion to wind, if stiff neck and back appear, Radix Puerariae is added to loosen the rigid neck and back; in a case complicated by nausea, Rhizoma Pinelliae is added (see Clause 33); if asthma is observed, Cortex Magnoliae Officinalis and Semen Armeniacae are added (see Clause 18); and if abdominal pain is reported, Radix Paeoniae can be added (see Clause 279).

Decoction of Ramulus Cinnamomi adding Radix Puerariae  
(*Guizhi Gegen Tang*):

Radix Puerariae	4 <i>liang</i>
Herba Ephedrae	3 <i>liang</i>
Radix Paeoniae	2 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.
Ramulus Cinnamomi	2 <i>liang</i>

Put Herba Ephedrae and Radix Puerariae into ten *sheng* of water and stew them till eight *sheng* are left. Take out the foam and put the rest of the drugs in the decoction

and stew it till three *sheng* are left. Take one *sheng* each dose. Cover the patient with quilt for a light perspiration. No need to take porridge. Same diet taboo and care should be given to the patient as in the case of Decoction of Ramulus Cinnamomi.

*Explanation of the Prescription:* This prescription is intended to harmonize the Nutrient Essence and dispel the syndrome in the muscle. At the same time, it creates Body Fluid\* and nourishes the Channels to dispel the stiffness in the neck and back. It is generally understood that there should be no Herba Ephedrae acting as a diaphoretic in the prescription, as the patient is already perspiring and fears wind.

\*Body Fluid (*Jinye*): The fluid in the human body. It is a kind of nourishing substance produced by the joint functions of the Stomach, Spleen, Lung and Three Portions of the Body Cavity (*Sanjiao*). Body Fluid is a constituent of Blood in the blood vessels. When it is outside the blood vessels, it stays in the slit of the body organs.

*Acupuncture Points:* Houxi (SI 3), Shenmai (BL 62), Dazhu (BL 11), Tianzhu (BL 10), Jinsuo (DU 8).

## CASES

### Case 1 (18 p. 8): Common Cold

Female patient, 48. The patient reported that she was caught in the rain while she was working in the open three months ago. After repeated treatments of decoctions functioning as diaphoretic to disperse the Exterior syndrome, the patient had a pale and swollen face with profuse perspiration, aversion to wind, reluctance to moving around and speaking. She had a rigid feeling over her neck and back as if she were carrying heavy loads.

Diagnosis: Disharmony of *Ying* and *Wei*, malfunction of the Channel Vital Energy. Body Fluid failed to deploy and nourish the Channels and tendons.

Treatment: Decoction of Ramulus Cinnamomi adding Radix Puerariae. A cup of ginger soup was served to assist the decoction. After taking the decoction, the patient reported that first she felt an itching all over the body, and then a slight perspiration was experienced. The next morning she felt much better after finishing the second dose.

### Case 2 (18 p. 9): Headache

Female patient, 28. Half a year ago the patient began suffering headaches after she caught cold. From then on she was troubled by a chronic headache, which became aggravated when she was exposed to cold and wind. From 8:00 a.m. to 4:00 p.m. every day she was suffering from the headache, with general fatigue and depression. Her tongue coating was pale and white, and her pulse was deepslender-tight.

Diagnosis: Pathogenetic Wind and Cold have invaded the extreme top, obstructing the normal functioning of the Collaterals.

Treatment: Decoction of Ramulus Cinnamomi with additions to disperse the pathogenetic Wind and stop the pain. After taking one dose the pain reduced greatly, and after the second dose the syndrome was gone. The prescription was as follows:

Decoction of Ramulus Cinnamomi adding Radix Puerariae

adding:

Radix Angelicae Dahuricae  
Herba Schizonepetae

Case 3 (18 p. 9): Neck Uneasiness

Adult male patient. One night his head fell off the pillow, and the next morning he found himself unable to turn his head, with pains over his neck and back. Acupuncture therapy was adopted by puncturing acupoints Luozen (Extra 26), Houxi (SI 3), Jianjing (GB 21) and Ashi, giving the patient relief, although he was still suffering from the pain. Decoction of Ramulus Cinnamomi adding Radix Puerariae was prescribed. The syndrome was gone after two doses.

Case 4 (22 p. 9): Convulsion

Female patient, 36. In June 1976 the patient suddenly had an acute convulsion, with uncontrollable shivering and curling herself up in bed. She was still conscious with spontaneous perspiration and aversion to wind, no fever or trismus, but frightened and uneasy. Pulse was tight-slender and strengthless. The tongue was slightly red, with thin and white coating. The patient had a history of a similar syndrome nine years ago.

Diagnosis: This is a case of neurosis complicated with convulsion.

Treatment: Decoction of Ramulus Cinnamomi adding Radix Puerariae, etc.:

Ramulus Cinnamomi	15 grams
Radix Paeoniae Alba	21 grams
Radix Puerariae	12 grams
Poria	30 grams
Radix Codonopsis Pilosulae	15 grams
Os Draconis	30 grams
Radix Glycyrrhizae	9 grams
Rhizoma Zingiberis Recens	9 grams
Fructus Ziziphi Jujubae	5 pcs.
Fructus Triticis Levis	30 grams

After taking one dose the convulsions stopped, and the patient almost resumed her normal activity. After taking the second dose, perspiration stopped and she no longer feared wind. Her appetite improved. After taking the third dose she returned to normal, being able to talk to strangers, and to do outdoor activities. When she finished ten doses she was fully recovered and returned to her farm work.

Case 5 (22 p. 10): Urticaria

Female patient, 37, suffering from urticaria for several years with daily occurrence of a severe skin rash. The case was aggravated when there was perspiration and exposure to wind. The patient was treated many times, but with only minor improvements.

Diagnosis: Invasion of Wind into the Exterior which moved around to bring about uneasiness and a deficient state of Yang Vital Energy.

Treatment: Decoction of Ramulus Cinnamomi adding Radix Puerariae and Radix Ledebouriellae. After taking 20 doses the ailment finally subsided.

## CLAUSE 15

Initial Yang syndrome: After a dose of purgative, if the patient feels an ascending air (1) from the chest, Decoction of Ramulus Cinnamomi is still suitable for the case. If no ascending air is felt, Decoction of Ramulus Cinnamomi is not suitable for the case (2).

### NOTES

1. An ascending air from the chest manifests the existence of a strong Body Resistance. Since the Exterior syndrome still prevails and has not transmitted into the Interior, Decoction of Ramulus Cinnamomi is still suitable.

Fang Youzhi: Yang is characterized in its movement of ascending. The Wind pathogenetic factor is of a Yang nature. When a purgative is given, it penetrates into the Interior and ascends upward while Deficiency is prevailing at the Interior. If there is no ascending air, it shows that there is no pathological condition in Yang nature. So Decoction of Ramulus Cinnamomi cannot be adopted.

2. This clause discusses the mistreatment of the Initial Yang syndrome by the adoption of a purgative and the judgment of whether Decoction of Ramulus Cinnamomi could be adopted.

## CLAUSE 16

Initial Yang syndrome: After three days' treatment of diaphoretic, or emetic, or purgative, or moxibustion with a warm needle (1), if the syndrome is not gone, then it turns to be an adverse case (2). Decoction of Ramulus Cinnamomi no longer fits the case. Observe the pulse and symptoms carefully and treat the patient accordingly.

The function of Decoction of Ramulus Cinnamomi is to dispel the Exterior syndrome in the muscle. To avoid a mistreatment, never use it for a syndrome with the following symptoms and signs: fever, no perspiration, a floating and tense pulse (3).

Be cautious at all times to avoid a mistreatment of this kind (4).

### NOTES

1. Acupuncture and moxibustion therapy.

2. Adverse case: *Huai bing*, syndrome that becomes aggravated owing to malpractice in therapy during febrile disease caused by Cold.

3. See Clause 35 for the therapy.

4. You Zaijing: This clause explains the taboo of Decoction of Ramulus Cinnamomi. Decoction of Ramulus Cinnamomi is a prescription dispersing the pathological condition in the "muscle." It is not a diaphoretic. It is good only for febrile disease caused by Wind with symptoms and signs of fever, spontaneous perspiration and floating-moderate pulse. In a case with fever, floating-tense pulse and no perspiration, Decoction of Herba Ephedrae is applicable, which is a strong diaphoretic. If Decoction of Ramulus Cinnamomi is given to the latter case, it will constitute a malpractice. Complication of irritability, jaundice and mania may occur. This is the taboo for Decoction of Ramulus Cinnamomi.



## CASES

## Case 1 (11 p. 394): Rescue of an "Adverse Case"

A patient was dying after a febrile disease caused by Cold, with coldness in the extremities and faint breath, unable to utter a word. Doctor Zhang Zihé prescribed one *liang* of Radix Ginseng and one *qian* of Radix Aconiti Praeparata as an emergency rescue. The herbs were stewed in a stone container till the decoction reduced to one cup and then cooled in cold well water till it was icy cold and served to the patient in one dose. After a while sweat welled up on tip of the patient's nose, a good sign as the tip of nose is a location representing the physiological condition of the Spleen. Perspiration on the tip of the nose showed the vital functioning of the Spleen Vital Energy, a sign of life.

## CLAUSE 17

Decoction of Ramulus Cinnamomi will arouse emesis when taken by an alcohol addict, as an alcohol addict is not suitable for a sweet decoction (1).

## NOTES

1. An alcohol addict or a wine drinker has a strong factor of Humidity and Heat. Radix Glycyrrhizae and Fructus Ziziphi Jujubae in Decoction of Ramulus Cinnamomi are sweet-tasting, which will stimulate the Humidity factor, thus causing emesis.

*Acupuncture Points*: Zhiyang (DU 9), Tonggu (KI 20), Ejian (LI 2).

## CLAUSE 18

For a patient who suffers from asthma frequently, prescribe Decoction of Ramulus Cinnamomi adding Cortex Magnoliae Officinalis and Semen Armeniacae Amarum in case of Initial Yang syndrome (1).

## NOTES

1. Cheng Yingmao: Differentiation should be made as to the nature of the pathological conditions. There are two categories: Exterior and Interior syndromes. After a purgative is adopted, if there are the symptoms of perspiration and acute asthma, then the pathological condition belongs to Interior excessive Heat; if there is only a light perspiration and asthma, syndrome is caused by a pathogenetic factor resting at the Exterior that has hampered the normal movement of Vital Energy.

Wei Litong: A patient who suffers frequently from asthma will have a recurrence when he is caught by exogenous pathogenetic factors.

Decoction of Ramulus Cinnamomi adding Cortex Magnoliae Officinalis and Semen Armeniacae Amarum  
(*Guizhi Jia Houpo Xingzi Tang*):

Ramulus Cinnamomi	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>

Rhizoma Zingiberis Recens	3 <i>liang</i>
Radix Paeoniae	3 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.
Cortex Magnoliae Officinalis	2 <i>liang</i>
Semen Armeniacae Amarum	50 pcs.

Stew the above drugs in seven *sheng* of water till three *sheng* are left. Take one *sheng* decoction and cover the patient with a quilt to induce light perspiration.

*Explanation of the Prescription:* Decoction of Ramulus Cinnamomi dispels the Exterior syndrome from the muscle by perspiration. Semen Armeniacae Amarum is added to bring down the abnormal ascending air and ease the asthma. Cortex Magnoliae Officinalis also has a bringing-down function and serves as an expectorant.

*Acupuncture Points:* Yuji (LU 10), Hegu (LI 4), Yangxi (LI 5), Fenglong (ST 40).

## CASES

### Case 1 (18 p. 11): Asthma

A warrior was caught by a gang of bandits (a case in ancient times), and was detained in the cabinet of a boat. After a few days without food he managed to escape and had a big meal because he was terribly hungry. He then unfastened the buttons of his coat to expose himself in the wind. The next day he suffered a febrile disease caused by Cold, with spontaneous perspiration and bad appetite. He was first treated with a purgative as the physician diagnosed the case as an indigestion, and then was treated with a diaphoretic as he had been exposed to wind previously. After a few days of incorrect treatment the syndrome was so aggravated that the patient was gradually losing consciousness with severe asthma accompanied by a breathing sound. Finally Xu Shuwei (writer of *Benshi-fang*) was called for. This was a case of asthma caused by febrile disease caused by Cold when purgatives were wrongly prescribed. The patient was given Decoction of Ramulus Cinnamomi adding Cortex Magnoliae Officinalis and Semen Armeniacae Amarum. After taking two doses the patient came to himself completely.

### Case 2 (18 p. 12): Adenovirus Pneumonia, Doctor Pu Fuzhou, Case Recorded in *TCM Magazine*, No. 2, 1965

Male baby, three months. High fever lasting for four days with coughing and dyspnea. Spasms occurred twice. On February 24, 1961, the baby was retained in the hospital. Temperature 39.4 °C, pulse 106/minute. After examination by Western doctors adenovirus pneumonia was the final diagnosis. Terramycin and erythromycin were given. Then Decoction of Herba Ephedrae, Semen Armeniacae, Gypsum Fibrosum and Radix Glycyrrhizae (*Mahuang Xingren Gancao Shigao Tang*, see Clause 63) in big dosages was prescribed. On February 27, the temperature went up to 40 °C, with no perspiration, pale and blue face, coughing and severe asthma, coldness on feet, blue around the pale lips, pulse floating-slippery, pale and gray tongue coating, abdominal distention.

Diagnosis: Syndrome was caused by invasion of climatic pathogenetic Cold and Wind. Pathogenesis should have been dispersed by taking of decoction of pungent-tasting warm-quality drugs, but the physician prescribed a decoction of pungent-tasting cool-quality drugs, which had brought the pathogenesis into the Interior, causing the stuffed state of the Lung Vital Energy.

Treatment: To harmonize *Ying* and *Wei*, disperse the pathogenesis from the Exterior. Decoction of Ramulus Cinnamomi adding Cortex Magnoliae Officinalis and Semen Armeniacae Amarum was prescribed.

Second treatment: Decoction of Rhizoma Belamcandae and Herba Ephedrae (*Shegan Mahuang Tang*, see Clause 7-6 of *Jinkai Yaolue*).

Rhizoma Belamcandae	1.5 grams
Herba Ephedrae	1.5 grams
Herba Asari	0.6 gram
Rhizoma Pinelliae	3 grams
Radix Asteris	1.5 grams
Fructus Schisandrae	7 pcs.
Radix Glycyrrhizae Praeparata	1.5 grams
Fructus Perillae Praeparata	3 grams
Radix Peucedani	1.5 grams
Rhizoma Zingiberis Recens	2 slices
Fructus Ziziphi Jujubae	2 pcs.

Temperature dropped to 36.4 °C after taking one dose. Third treatment was:

Radix Panacis Quinquefolii	1.5 grams
Cortex Magnoliae Officinalis	2.1 grams
Rhizoma Pinelliae	3 grams
Radix Glycyrrhizae Praeparata	1.5 grams
Rhizoma Zingiberis Recens	2 slices
Exocarpium Citri Grandis	1.5 grams

Fourth treatment: Decoction of *Erchen* (*Erchen Tang*)

Rhizoma Pinelliae
Pericarpium Citri Reticulatae
Poria
Radix Glycyrrhizae
Rhizoma Zingiberis Recens
Fructus Mume

adding:

Rhizoma Cynanchi Stauntonii
Fructus Perillae
Folium Eriobotryae

After taking two doses on March 8, the patient was examined by X-ray. All symptoms were gone and the patient was allowed to return home.

Case 3 (22 p. 11): Asthma Induced by Flux

Male patient, 42, who had been suffering from chronic asthma and coughing with profuse phlegm. On a spring day he was exposed to wind and got a cold. He was having sporadic fevers and spontaneous perspiration, headache, and a slight aversion to

wind. Coughing and asthma was aggravated, with tight chest and dyspnea. Plenty of sputum and profuse perspiration were also observed. No appetite, sticky and white tongue coating, pulse floating-moderate, with slippery and mighty pulse on the Bar position.

Diagnosis: Invasion of pathogenetic Wind at the Exterior induced the recurrence of asthma; intermingled Wind and sputum stuffed the chest and caused adverse ascent of the Lung and Stomach Vital Energy.

Treatment: Decoction of *Ramulus Cinnamomi* adding *Cortex Magnoliae Officinalis* and *Semen Armeniacae Amarum*, etc.:

<i>Ramulus Cinnamomi</i>	6 grams
<i>Radix Paeoniae Alba</i>	6 grams
<i>Rhizoma Zingiberis Recens</i>	2 slices
<i>Radix Glycyrrhizae Praeparata</i>	4.5 grams
<i>Cortex Magnoliae Officinalis</i>	9 grams
<i>Semen Armeniacae Amarum</i>	9 grams
<i>Herba Ephedrae</i>	1.5 grams
<i>Bulbus Fritillariae Thunbergii</i>	9 grams
<i>Fructus Perillae</i>	9 grams
<i>Fructus Aurantii Praeparata</i>	9 grams

All symptoms were gone after taking three doses.

#### Case 4 (12 p. 11): Coughing and Asthma

Female patient, 61, went to visit the doctor on October 25, 1965. She reported a history of coughing and asthma of ten years or more, with repeated recurrence. Profuse white-sticky phlegm was observed in the spit. Asthma was induced when coughing was grave. The patient had bad appetite, frequent perspiration, insomnia, backache and lumbago. Tongue was pale and blue with thin greasy coating. Pulse was slender-slippery.

Diagnosis: Sputum and Fluid-retention resting on the Lung had hampered the normal descending of Vital Energy. Whenever there was an attack of climatic pathogenetic factor, there would be an recurrence.

Treatment: Three doses of Decoction of *Ramulus Cinnamomi* adding *Cortex Magnoliae Officinalis* and *Semen Armeniacae Amarum*, etc.:

<i>Ramulus Cinnamomi</i>	9 grams
<i>Radix Glycyrrhizae</i>	1.5 grams
<i>Cortex Magnoliae Officinalis</i>	3 grams
<i>Semen Armeniacae Amarum</i>	9 grams
<i>Fructus Perillae</i>	9 grams
<i>Radix Asteris Praeparata</i>	15 grams
<i>Pericarpium Citri Reticulatae</i>	6 grams
<i>Radix Peucedani</i>	6 grams
<i>Fructus Triticis</i>	15 grams

Second treatment: Marked improvement was achieved. Prescribe the same prescription with subtraction of *Cortex Magnoliae Officinalis*.

On November 15, the doctor visited the patient at home, finding that she was all right long after she stopped taking the decoction. No recurrence was reported.

## CLAUSE 19

Those who vomit after taking Decoction of *Ramulus Cinnamomi* are likely to vomit bloody pus (1) later.

## NOTES

1. Not only alcohol addicts, but also patients with Heat syndromes of the excessive type,\* should not take Decoction of *Ramulus Cinnamomi*. As this decoction is sweet-pungent in taste and warm-hot in quality, it can only bring forth the Heat in Yang nature. It could not dispel the Exterior syndrome but would induce vomiting in that case. If the patient vomits bloody pus, there might be a carbuncle in his stomach.

\*Heat syndrome of an excessive type: There can be also Heat (or Cold) syndromes of a deficient type. "Excessive" and "deficient" are included in the "Eight Principles" for differentiating the pathological condition, type, location, and nature of diseases.

Yin and Yang, Exterior and Interior, Deficiency and Excess, Cold and Heat are called the Eight Principles. When these principles are used in therapeutic practice, it is called "using the Eight Principles for differentiating the pathological conditions." Although diseases of various kinds may have complicated manifestations of symptoms and signs yet they can be analyzed and categorized by the Eight Principles. Under such analysis, the nature of diseases, the location of pathological changes, the seriousness of diseases, the extent of physiological reflection of individuals can all be traced, thus providing diagnostic foundations for therapy.

Yin and Yang indicate the categories of diseases;

Exterior and Interior indicate the depth of the location of pathological changes;

Cold and Heat indicate the nature of diseases;

Deficiency and Excess indicate the status of the confrontation of the Body Resistance vs. pathogenesis.

Among the Eight Principles, Yin and Yang are the leading factors.

Exterior, Heat and Excess are all of a Yang nature;

Interior, Cold and Deficiency are all of a Yin nature.

The four contradictions of Yin-Yang, Exterior-Interior, Excess-Deficiency and Cold-Heat are contrasting and connecting with each other. For example: For Exterior syndromes, they are:

Exterior syndromes of Cold type (or nature);

Exterior syndromes of Heat type;

Exterior syndromes of deficient type;

Exterior syndromes of excessive type.

There can also be complications of:

Exterior Cold syndrome with Interior Heat;

Exterior Heat syndrome with Interior Excess;

Exterior deficient syndrome with Interior Excess.

The above will apply to the case of Cold syndromes, Heat syndromes, deficient syndromes, and excessive syndromes. Under certain conditions, there will be changes such as Exterior syndromes intruding into the Interior, Interior syndromes coming out to the Exterior, Cold syndromes evolving into Heat syndromes, Heat syndromes evolving into Cold syndromes, Yang syndromes turning into Yin, Yin syndromes turning into Yang, etc.

*Acupuncture Points:* Chize (LU 5), Quchi (LI 11), Waiguan (SJ 5), Zulinqi (GB 41).

## CASES

Case 1 (11 p. 399): Spitting of Blood (Ye Tianshi's cases)

Male patient, 34, who spat blood repeatedly. He had a good appetite but looked very thin, with a flushed face. The patient reported having taken Decoction of Ramulus Cinnamomi for the treatment of a cold. Since then whenever pungent-tasting and warm-quality drugs or food were taken, spitting of blood would occur. Xu Lingtai commented that this must be a case of warm type being treated by adoption of Decoction of Ramulus Cinnamomi, which was incorrect treatment.

## CLAUSE 20

Initial Yang syndrome: After the adoption of diaphoresis, if the patient perspires like leaking water, fears wind and suffers dysuria and stiffness in the extremities, prescribe Decoction of Ramulus Cinnamomi adding Radix Aconiti Praeparata (1).

## NOTES

1. Profuse perspiration caused by excessive use of diaphoresis will bring about extreme Yang Deficiency and serious loss of Body Fluid. Decoction of Ramulus Cinnamomi adding Radix Aconiti Praeparata is the curative.

Decoction of Ramulus Cinnamomi adding Radix Aconiti Praeparata  
(*Guizhi Jia Fuzi Tang*):

Ramulus Cinnamomi	3 <i>liang</i>
Radix Paconiae	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	3 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.
Radix Aconiti Praeparata	1 pc.

Put the above drugs into seven *sheng* of water and stew it till three *sheng* are left. Filter the decoction and take one *sheng* when lukewarm. The same care will be given to the patient as in the case treated by Decoction of Ramulus Cinnamomi.

*Explanation of the Prescription:* This decoction serves to recover the Yang Vital Energy and accumulate the Body Fluid, and build up the Exterior Vital Resistance to stop the perspiration. It is used to rescue the Loss of Yang Vital Energy\* and Body Fluid after profuse perspiration. In this prescription, Decoction of Ramulus Cinnamomi harmonizes the Vital Resistance and the Nutrient Essence, Radix Aconiti Praeparata is used to stabilize the Exterior Vital Resistance and recover the Yang Vital Energy.

\*See note of Clause 29.

*Acupuncture Points:* Baihui (DU 20), Qihai (RN 6), Weizhong (BL 40), Zusanli (ST 36).

## CASES

Case 1 (18 p. 19):

*Prescriptions Worth a Thousand Pieces of Gold (Qianjin Yaofang)* by Sun Simiao recorded Decoction of Ramulus Cinnamomi adding Radix Aconiti Praeparata as a remedy for women after childbirth with symptoms and signs of profuse perspiration, aversion to wind, dysuria and stiff extremities that cannot move freely. Radix Aconiti Praeparata used in the prescription can be in two pieces.

Case 2 (18 p. 19):

*Benshifang* by Xu Shuwei recorded the following case: An adult male patient suffering from febrile disease caused by Cold was treated by a dose of diaphoretic. He then had a profuse perspiration, aversion to wind, contraction of feet that could not stretch. Pulse was floating-huge. Floating pulse signified existence of pathogenetic Wind whilst huge pulse indicated a deficient case. Doctor Xu prescribed Decoction of Ramulus Cinnamomi adding Radix Aconiti Praeparata. After taking three doses of the decoction, perspiration came to a halt. In the second treatment, Decoction of Radix Paeoniae and Radix Glycyrrhizae (see Clause 29) was given, enabling the patient to stretch his feet.

Case 3 (21 p. 25): Spontaneous Perspiration. Case Recorded in *Shanghan Qiyao* by Liu Duzhou.

An adult female patient was suffering from chronic spontaneous perspiration for a long time, making her extremely deficient and fatigued. Physicians diagnosed the case as that of Deficiency, so decoctions made of Radix Ginseng and Radix Astragali, etc. were prescribed. However, perspiration did not stop. When the patient came to visit Doctor Liu she was examined again: pulse was deep, with aversion to cold.

Diagnosis: This is a case of Deficiency in Yang, but not a case of Deficiency in Vital Energy (which can be treated by administration of tonifiers such as Radix Ginseng). Decoction of Ramulus Cinnamomi adding Radix Aconiti Praeparata was prescribed to stabilize the Yang and control the Yin, and to harmonize the *Ying* and *Wei*. After taking three doses perspiration came stopped.

Case 4 (22 p. 19): Profuse Perspiration

In 1941 a patient suffering from Initial Yang syndrome with headache, fever and aversion to cold was treated with a dose of diaphoretic. At the same time, the patient was taking a large dose of aspirin to achieve a quick recovery, but he was still having excessive perspiration at night. When he came to the physician his pulse was floating-weak. Fever subsided but he still feared wind. Two doses of Decoction of Ramulus Cinnamomi adding Radix Aconiti Praeparata were given to stop the perspiration which worked. Radix Codonopsis Pilosulae was then prescribed to bring about a full recovery.

Case 5 (22 p. 20): Febrile Disease

Male patient, 27, came to the physician on June 12, 1958, reporting that he was feeling feverish and had a cold. He covered himself with a thick quilt while he was feverish and shivering, feeling terribly cold if any of his extremities were not covered. Severe headache, lumbago, stuffy nose, slight coughing, flushed face were also observed. He

had normal urination and stool and no perspiration. Temperature 39.6 °C; pulse floating-tense and strengthless; tongue was pale, tender, with white slippery coating. The patient had married only a week previously.

Treatment: To urgently disperse the pathological conditions from both the Initial Yang and Lesser Yin Channels by adopting Decoction of Ramulus Cinnamomi adding Radix Aconiti Praeparata, etc. with heavier doses:

Ramulus Cinnamomi	9 grams
Radix Paconiae	9 grams
Radix Aconiti Praeparata	9 grams
Rhizoma Zingiberis Praeparata	2 slices
Fructus Ziziphi Jujubae	2 pcs.
Rhizoma Pinelliae	4.5 grams
Pericarpium Citri Reticulatae, salted	3 grams
Poria	9 grams
Herba Schizonepetae	4.5 grams
Radix Glycyrrhizae Praeparata	1.5 grams

After taking the decoction a cup of porridge was given to assist the medicament.

By the second day, all the symptoms had subsided considerably, with 38.5 °C in temperature and reduction of Exterior syndrome. In the prescription Herba Schizonepetae was subtracted, adding the following:

Bombyx Batryticatus	4.5 grams
Cortex Magnoliae Officinalis	3 grams
Semen Armeniacae Amarum	4.5 grams
Radix Cynanchi Atrati	9 grams

#### Case 6 (22 p. 21): Loss of Yang by Profuse Perspiration

Male patient, 29, retained in the hospital for two months to treat his chronic osteomyelitis in 1952. One day he had a headache and aversion to cold. The doctor prescribed phenacetin 0.2 gram and pyramidon 0.2 gram, instructing the patient to take them in one dose. Half an hour later, profuse perspiration began with aversion to cold and a desire to urinate but no urine came out. A TCM doctor was sent for a diagnosis.

Diagnosis: Very thin build and pale and yellowish face, irritable, profuse perspiration all over the body, contraction over the four extremities, restless, pulse deep-feeble and rapid. It was a case of loss of Yang owing to profuse perspiration.

Treatment: Decoction of Ramulus Cinnamomi adding Radix Aconiti Praeparata:

Ramulus Cinnamomi	10 grams
Radix Glycyrrhizae	6 grams
Radix Paconiae Alba	10 grams
Radix Aconiti Praeparata	10 grams
Rhizoma Zingiberis Recens	1 slice
Fructus Ziziphi Jujubae	3 pcs.

The decoction was given immediately. Shortly after taking it, perspiration stopped and the patient felt well again.



## Case 7 (22 p. 21): Perspiration of Half of the Body

Male patient, 34, first treatment in August 1970. The patient reported having perspiration on the right half of the body beginning from the head since 1954. Profuse and continuous perspiration made him feel cold on the extremities and body, numbness, vertigo and dim vision, palpitation and short of breath. The patient was gradually getting weaker and thinner. He was too weak to walk and had insomnia. Constipation occurred occasionally. Looking into his face, the doctor found that his complexion was dark and lustless, with indifferent facial expression and feint voice. Pulse was deep-weak. Tongue was pale and red with thin white coating. This was a case of Deficiency in the Heart and Kidney Yang Vital Energy and exhaustion of the primordial Vital Energy.

Treatment: Decoction of *Ramulus Cinnamomi* adding *Radix Aconiti Praeparata*, etc.:

<i>Radix Aconiti Praeparata</i>	15 grams
<i>Ramulus Cinnamomi</i>	6 grams
<i>Radix Paeoniae Alba</i>	12 grams
<i>Rhizoma Zingiberis Recens</i>	12 grams
<i>Fructus Ziziphi Jujubae</i>	15 grams
<i>Radix Glycyrrhizae Praeparata</i>	4.5 grams
<i>Radix Astragali</i>	18 grams
<i>Radix Codonopsis Pilosulae</i>	15 grams
<i>Os Draconis</i>	30 grams
<i>Concha Ostreae</i>	30 grams

Second treatment: After taking ten doses of the above prescription the patient was feeling much better, but perspiration did not stop. The second prescription with increased dosages as below was prescribed:

<i>Radix Aconiti Praeparata</i>	45 grams
<i>Ramulus Cinnamomi</i>	18 grams
<i>Radix Paeoniae Alba</i>	21 grams
<i>Rhizoma Zingiberis Recens</i>	18 grams
<i>Fructus Ziziphi Jujubae</i>	10 grams
<i>Radix Glycyrrhizae Praeparata</i>	12 grams
<i>Radix Codonopsis Pilosulae</i>	30 grams
<i>Os Draconis</i>	30 grams
<i>Concha Ostreae</i>	30 grams

Third treatment: After taking seven of the above ten doses, perspiration reduced greatly. As the patient was suffering from a case of extreme Deficiency and exhaustion, one chicken was added to the decoction. After taking 27 doses of the above decoction accompanied by 20 chickens, the patient was fully recovered by October.

## Case 8 (22 p. 22): Pain on Tip of Fingers

Adult female patient with weak build. After recovering from a cold with fever and slight perspiration, she felt painful on the tips of the ten fingers. The pain had been present for more than ten days when she came to see the doctor.

Diagnosis: The patient's Yang Vital Energy had been in a deficient state for a long time. After having a cold, the remaining pathogenetic factors had made the Yang Vital Energy even more deficient, which failed to reach and nourish the tip of the extremities.

Treatment: Decoction of *Ramulus Cinnamomi* adding *Radix Aconiti Praeparata*. Dosage of *Radix Aconiti* was 2.4 grams in the first decoction and 4.5 grams for later two decoctions. The pain was gone after three doses were taken.

#### Case 9 (22 p. 22): Abdominal Pain

Female patient, 23, went to visit the physician in August 1973. The patient reported a pain around the navel. When the pain became aggravated, she sweated all over. The patient's build was weak, with depressed outlook and bad appetite. She quit her work as a primary school teacher for half a year to rest.

Diagnosis: Pulse was deep-slender and tight, tongue was pale with thin and white coating. Pain around the navel with cold sweat, and drinking of hot water or soup for release, and coldness of the extremities all indicated a great Deficiency of the interior Body Resistance, which failed to warm the extremities.

Treatment: Prescribe Decoction of *Rhizoma Aconiti* and *Ramulus Cinnamomi*:

<i>Rhizoma Aconiti</i> (first stewed for a while)	9 grams
<i>Ramulus Cinnamomi</i>	9 grams
<i>Fructus Ziziphi Jujubae</i>	10 pcs.
<i>Rhizoma Zingiberis Recens</i>	3 slices
<i>Radix Glycyrrhizae Praeparata</i>	6 grams

Second treatment: After taking five doses of the above decoction abdominal pain was gone. Another seven doses were taken, restoring appetite and better spirits. Pulse was slender, tongue was tender red and extremities warmed up. Pathogenetic Cold was already dispersed, but Deficiency still prevailed in the Blood. Tonification needed a comparative longer period of time. Decoction of *Radix Angelicae Sinensis*, *Rhizoma Zingiberis Recens* and Mutton (Clause 10-18 of *Jinkai Yaolue Fanglun*) was prescribed. Ten doses were given with further doses taken as a general tonic. Two months later the patient wrote a letter to the physician, expressing her sincere thanks, saying that she was fully recovered and had resumed her work.

#### Case 10 (12 p. 13): Epistaxis (reported by *Zhejiang TCM Magazine*, 10:35, 1958)

Male patient, 35, had been having profuse nosebleeds continuously for two days and nights. Decoctions aiming at stopping the blood by using cold and cool drugs did not work. Pulse was feeble, no fever, with normal urination and stool. Decoction of *Ramulus Cinnamomi* adding *Radix Aconiti Praeparata* was given in two doses, which brought about a recovery.\*

\*Epistaxis is generally a syndrome of Yang and Heat nature. Case reported here is an exception. Never prescribe this prescription for a case of Heat and Yang nature. Diagnosis should be made carefully.

## CLAUSE 21

Initial Yang syndrome: After a dose of purgative, if the patient

full in the chest and the pulse is irregular-speedy (1), Decoction of *Ramulus Cinnamomi* subtracting *Radix Paeoniae* will be a curative.

## NOTES

1. Irregular-speedy pulse: Similar to speedy pulse but with irregular intervals.

Decoction of *Ramulus Cinnamomi* subtracting *Radix Paeoniae*

(*Guizhi Qu Shaoyao Tang*):

<i>Ramulus Cinnamomi</i>	3 <i>liang</i>
<i>Radix Glycyrrhizae Praeparata</i>	3 <i>liang</i>
<i>Rhizoma Zingiberis Recens</i>	3 <i>liang</i>
<i>Fructus Ziziphi Jujubae</i>	12 pcs.

Put the above drugs into seven *sheng* of water and stew it till three *sheng* are left. Filter the decoction and take one *sheng* when lukewarm. The same care will be given to the patient as with Decoction of *Ramulus Cinnamomi*.

*Explanation of the Prescription:* Decoction of *Ramulus Cinnamomi* dredges the Yang Vital Energy and disperses the pathogenetic factors from the chest. When Yang Vital Energy is hurt in the chest, *Radix Paeoniae*, of a Yin and softening nature, is not suitable. Thus it is not used in this decoction.

## CASES

Case 1 (22 p. 19): Coughing

Male patient, 44, suffering from coughing with intermingling Cold and Heat. Decoction with pungent-tasting and warm-quality drugs should be adopted. Prescribe Decoction of *Ramulus Cinnamomi* subtracting *Radix Paeoniae*, adding *Semen Armeniacae Amarum*.

Case 2 (22 p. 19): Coughing

Male patient, 50, suffering from coughing with exterior cold, headache and thirst. Prescribe Decoction of *Ramulus Cinnamomi* subtracting *Radix Paeoniae*, adding *Semen Armeniacae Amarum* and *Radix Trichosanthis*.

Case 3 (22 p. 19): Gastric Pain

Adult female patient, gastric pain accompanied by exterior cold was aggravated when food was taken. When stomach was pressed there was relief. It was not a case caused by invasion of pathogenetic factors. Treatment was to harmonize *Ying* and *Wei*. Decoction of *Ramulus Cinnamomi* was prescribed, subtracting *Radix Paeoniae*, adding *Poria*.

## CLAUSE 22

Syndrome under Clause 21: If the patient feels a bit chilly, add *Radix Aconiti Praeparata* to the above decoction.

Decoction of Ramulus Cinnamomi subtracting Radix Paeoniae  
adding Radix Aconiti Praeparata  
(*Guizhi Qu Shaoyao Jia Fuzi Tang*):

Ramulus Cinnamomi	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.
Radix Aconiti Praeparata	1 pc.

Stew the above five drugs in seven *sheng* of water until three *sheng* are left. Take one *sheng* of decoction when lukewarm. The same care is given as with Decoction of Ramulus Cinnamomi.

*Explanation of the Prescription:* Radix Aconiti Praeparata is added to protect the Yang Vital Energy and stabilize the Exterior Vital Resistance.

*Acupuncture Points* (for Clauses 21 and 22): Neiguan (PC 6), Qihai (RN 6), Gongsun (SP 4), Zusanli (ST 36).

## CASES

Case 1 (22 p. 23): Abdominal Pain Caused by Exterior Cold

Male patient in his thirties contracted febrile disease caused by Cold in winter. He was treated with a purgative, bringing the following symptoms and signs: aversion to cold, abdominal distention and pain, no stool for two days, with pulse floating-huge and moderate.

*Diagnosis:* This was a case of febrile disease caused by Wind in Cold nature. The doctor treated the patient as in a case of Greater Yang syndrome with abdominal fullness (no stool for two days) and practiced purgative such as Radix et Rhizoma Rhei and Natrii Sulfas, resulting in a malpractice. Cold congealed in the Interior, obstructing the normal circulation, causing constipation and abdominal distention and pain.

*Treatment:* Prescribe Decoction of Ramulus Cinnamomi subtracting Radix Paeoniae adding Radix Aconiti Praeparata to promote circulation and move the bowels with the previously-taken purgatives such as Radix et Rhizoma Rhei and Natrii Sulfas:

Ramulus Cinnamomi	3 grams
Radix Aconiti Praeparata	3 grams
Radix Glycyrrhizae Praeparata	1.5 grams
Rhizoma Zingiberis Recens	3 grams
Fructus Ziziphi Jujubae	2 pcs.

Ten minutes after taking the above decoction, the patient had two times of excessive bowels movement and all the symptoms were gone with it.

### CLAUSE 23

Initial Yang syndrome: After eight to nine days, the patient has fever and chills as with malaria, but fever appears more often than chill. The symptom occurs two or three times a day. When the patient has normal urination and stool, is not nauseous, and has a feeble (1) and moderate pulse, then he is recovering.

If there is a feeble pulse and chill, it is the symptom of Deficiency both in Yin and Yang (2). For such a case, neither diaphoretic, purgative, nor emetic are to be adopted.

A flushed face, which indicates the color of Heat (3), and itchy skin caused by the lack of a light perspiration, signify that the syndrome is not gone. Combination of Half Decoction of Ramulus Cinnamomi and Half Decoction of Herba Ephedrae will disperse the remaining syndrome.

### NOTES

1. Feeble pulse: Pulse beats feebly and softly, and seems to be disappearing when felt deeply.

2. Deficiency both in Yin and Yang: Deficiency both at the Exterior and Interior. Feeble pulse indicates an Interior (Yin) Deficiency, whereas feeling a chill shows an Exterior (Yang) Deficiency.

3. Flushed face indicates the color of Heat: Different colors represent different nature of syndromes which are relevant to the "five Elements" (*Wuxing*) as shown in the following table:

TABLE 7. FIVE ELEMENTS (*WUXING*) AND THEIR CHARACTERISTICS

	Wood	Fire	Earth	Metal	Water
Five Viscera	Liver	Heart	Spleen	Lung	Kidney
Six bowels	Gall Bladder	Small Intestine	Stomach	Large Intestine	<i>Sanjiao</i> , Urinary Bladder
Body location	Tendon	Blood vessel	Muscle	Skin, hair	Bone, marrow
Sense organs	Eyes	Tongue	Mouth	Nose	Ears, genitals, anus
Seasons	Spring	Summer	Long-summer	Autumn	Winter
Natural factors	Wind	Summer-heat	Humidity	Dryness	Cold
Tastes	Sour	Bitter	Sweet	Pungent	Salty
Colors	Blue	Red	Yellow	White	Black

Combination of Half Decoction of Ramulus Cinnamomi and  
Half Decoction of Herba Ephedrae  
(*Guizhi Mahuang Ge Ban Tang*):

Ramulus Cinnamomi	1 <i>liang</i> 16 <i>zhu</i>
Rhizoma Zingiberis Recens	1 <i>liang</i>
Radix Glycyrrhizae Praeparata	1 <i>liang</i>
Herba Ephedrae	1 <i>liang</i>
Fructus Ziziphi Jujubae	4 pcs.
Semen Armeniacae Amarum	24 pcs.

Stew Herba Ephedrae in five *sheng* of water for a while and then put the rest of the drugs into the decoction and stew it till one *sheng* and six *ge* are left. Take six *ge* when lukewarm.

*Explanation of the Prescription:* This combination of decoctions is a light diaphoretic, used to disperse the syndrome at the Exterior and the muscle.

Wu Renju: A flushed face and itchy skin indicates that the pathological change is shallow at the Exterior. Herba Ephedrae is the right drug to disperse the pathogenetic factor resting at the Exterior.

*Acupuncture Points:* Jinggu (BL 64), Dazhong (KI 4), Houxi (SI 3), Shenmai (BL 62), Hegu (LI 4), Fuliu (KI 7).

## CASES

Case 1 (25 p. 616): Acute Tonsillitis

Female patient, 15, first treatment on December 8, 1980. Fever, throat pain and vertigo began a day before, temperature was 37.4 °C. Temperature went up to 39.1 °C that day, with headache, throat pain and odynophagia. Other symptoms and signs included sneezing, joint pain, lumbago, aversion to cold, night sweats, but no coughing. Tongue was red, coating was thin, pulse was floating-tense and speedy. Congestion and swelling on both tonsils.

Diagnosis: Febrile disease caused by Cold and Wind complicated with acute catarrhal tonsillitis.

Treatment: Combination of Half Decoction of Ramulus Cinnamomi and Half Decoction of Herba Ephedrae with additions:

Ramulus Cinnamomi	10 grams
Herba Ephedrae	10 grams
Semen Armeniacae Amarum	10 grams
Radix Paeoniae alba	10 grams
Radix Glycyrrhizae Praeparata	6 grams
Rhizoma Zingiberis Recens	10 grams
Fructus Ziziphi Jujubae	4 pcs.
Rhizoma Phragmitis	15 grams
Herba Spirodelae	12 grams

After taking two doses of the above decoction great improvement was achieved. Pathogenetic factors greatly subsided, but there was a Deficiency both in the Body Resistance and Yin Vital Essence. The second treatment was aimed at tonifying the Yin and eliminating the remaining pathogenetic Heat. Prescription is as follows:

Radix Rehmanniae	25 grams
Radix Glehniae	30 grams
Radix Ophiopogonis	15 grams
Fructus Schisandrae	12 grams
Radix Paeoniae Alba	10 grams
Radix Glycyrrhizae	6 grams
Radix Platycodi	10 grams
Rhizoma Phragmitis	15 grams
Herba Menthae	6 grams
Caulis Lonicerae	30 grams

Full recovery was achieved after four doses.

#### Case 2 (22 p. 43): Exterior Syndrome of Cold and Wind

Female patient, 47, first treatment on March 10, 1978. The patient was feverish and feeling cold for nine days. Because the patient was also suffering from trigeminal neuralgia, she had the decoction of Fructus Corni. Everyday the patient had a slight fever and cold at about 3:00 p.m. and the temperature went up to 38.5 °C at night. Then there was perspiration, and the temperature dropped to normal. These symptoms had lasted for nine days already. APC and antibiotics had been given. Other signs included white tongue coating, pulse tight-slender.

Diagnosis: Febrile disease caused by Cold of the Initial Yang Channel.

Treatment: Combination of Half Decoction of Ramulus Cinnamomi and Half Decoction of Herba Ephedrae was adopted to disperse the remaining pathogenesis. After taking the decoction, the patient was more sensitive to cold with severe shivering, followed by fever and a slight perspiration all over the body. The next day all the symptoms were gone.

#### Case 3 (22 p. 43): Febrile Disease in Winter

Adult male patient with a weak build, weak stomach and an addiction to drinking tea. When he contracted febrile disease caused by Cold his symptoms and signs suggested treatment with Decoction of Herba Ephedrae, a strong diaphoretic. Symptoms included: fever, aversion to cold, headache, pain in the extremities, pain and limpness of neck, back, waist and thighs, red eyes, parched mouth and tongue, no perspiration and a slight asthma. As the patient was suffering a Deficiency of Body Fluid, he could not possibly stand Decoction of Herba Ephedrae, which was too strong a diaphoretic for him. Therefore Combination of Half Decoction of Ramulus Cinnamomi and Half Decoction of Herba Ephedrae was used as a milder treatment:

Ramulus Cinnamomi	7.5 grams
Radix Paeoniae Rubra	4.5 grams

Herba Ephedrae	4.5 grams
Radix Glycyrrhizae Praeparata	4.5 grams
Semen Armeniacae Amarum	9 grams
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	5 pcs.

Three hours after taking the decoction, fever and cold subsided and pain disappeared. Another two doses were given for a full recovery. The patient still had no stool for five days and a tender pain was sensed below the navel. Decoction of Lesser *Chengqi* (see Clause 208) in small dose was given to mildly loosen the bowels, which worked as predicted.

#### Case 4 (22 p. 44): Fever After Childbirth

Female patient, 30, was suffering febrile disease 30 days or more after childbirth. Symptoms and signs included fever, headache, aversion to cold, depression, reluctance to take oily food, fatigue and weak extremities. Fever was followed by perspiration which brought down the temperature. Urination and stool were normal. Tongue was pale with white and thin coating, and pulse was weak and moderate. The patient suffered with insomnia.

Diagnosis: This was a febrile disease caused by Cold contracted when the patient was weak after childbirth. Delayed proper treatment allowed the retention of pathogenetic Wind over the Exterior.

Treatment: Harmonize the *Ying* and *Wei*; disperse the Wind from the muscle. Combination of Half Decoction of Ramulus Cinnamomi and Half Decoction of Herba Ephedrae was the right cure:

Ramulus Cinnamomi	4.5 grams
Radix Paeoniae Alba	4.5 grams
Rhizoma Zingiberis Recens	3 grams
Radix Glycyrrhizae Praeparata	3 grams
Herba Ephedrae	3 grams
Fructus Ziziphi Jujubae	4 pcs.
Semen Armeniacae Amarum	3 grams

After taking two doses of the above decoction, the patient recovered swiftly. Assisted by decoctions consisting of drugs of tonification the patient recovered fully.

#### Case 5 (11 p. 412): Case Recorded in *Benshifang* by Xu Shuwei

A patient was suffering from febrile disease caused by Cold with symptoms and signs of fever, headache, no perspiration and no stool for four or five days. When Doctor Xu was sent for, another doctor was prescribing Decoction of Radix et Rhizoma Rhei and Natrii Sulfas to loosen the bowels. Doctor Xu asked the physician not to use the purgative before he examined the patient.

Diagnosis: Pulse was floating and moderate. Patient was lying in bed in a closed room, but he declared a severe aversion to wind. Doctor Xu said: "Severe as it is for the Exterior syndrome, how can a purgative be used if there has been no stool for such



a long time.' No abdominal distention and other ailment were observed. According to the principles set forth by Zhang Zhongjing (author of *Shanghan Lun*), Exterior syndrome should be treated first. Combination of Half Decoction of Ramulus Cinnamomi and Half Decoction of Herba Ephedrae was prescribed as the first treatment, followed by Decoction of Lesser Radix Bupleuri (see Clause 96). As a result, a perspiration and loose stool brought forth the recovery.

#### CLAUSE 24

Initial Yang syndrome (表阳证): After taking Decoction of Ramulus Cinnamomi, if the syndrome is not gone and the patient feels restless (1), acupuncture should be applied to acupoints Fengchi (GB 20) and Fengfu (DU 16). Then take Decoction of Ramulus Cinnamomi to disperse the syndrome (2).

#### NOTES

1. Restlessness is caused by conflict between strong Exterior syndrome and Body Resistance.

2. Explanation of the clause: When the Exterior pathogenetic factor is very strong, Decoction of Ramulus Cinnamomi is comparatively not strong enough to overcome the syndrome. That is why the patient feels restless after taking Decoction of Ramulus Cinnamomi. For such a case, acupuncture at Fengchi (GB 20) and Fengfu (DU 16) will let out the Wind pathogenetic factor. After the syndrome is reduced in such a way, then Decoction of Ramulus Cinnamomi will be strong enough to dispel the remaining syndrome.

#### CLAUSE 25

After taking Decoction of Ramulus Cinnamomi, if the patient perspires heavily and the pulse is grand (1) and huge (2), Decoction of Ramulus Cinnamomi still can be adopted. When the patient has fever and chills twice a day like malaria, a diaphoretic is required: Combination of Two Decoctions of Ramulus Cinnamomi and One Decoction of Herba Ephedrae can be adopted.

#### NOTES

1. Grand pulse: Mighty and gross under finger. It is mighty in appearing and weakens gradually in disappearing.

2. Huge pulse: Pulse mighty and full under finger with a bigger wave than an ordinary pulse.

Combination of Two Decoctions of *Ramulus Cinnamomi* and  
One Decoction of *Herba Ephedrae*  
(*Guizhi Er Mahuang Yi Tang*):

<i>Ramulus Cinnamomi</i>	1 <i>liang</i> 17 <i>zhu</i>
<i>Radix Paeoniae</i>	1 <i>liang</i> 6 <i>zhu</i>
<i>Herba Ephedrae</i>	16 <i>zhu</i>
<i>Rhizoma Zingiberis Recens</i>	1 <i>liang</i> 6 <i>zhu</i>
<i>Semen Armeniacae Amarum</i>	16 pcs.
<i>Radix Glycyrrhizae Praeparata</i>	1 <i>liang</i> 2 <i>zhu</i>
<i>Fructus Ziziphi Jujubae</i>	5 pcs.

Stew *Herba Ephedrae* in five *sheng* of water for a while and then put the rest of the drugs into it. Stew it till two *sheng* are left. Take one *sheng* when lukewarm. Take two doses a day.

*Explanation of the Prescription:* This combination of decoctions consists of 2/3 Decoction of *Ramulus Cinnamomi* and 1/3 Decoction of *Herba Ephedrae*. As the patient has perspired heavily, such a light diaphoretic is suitable.

*Acupuncture Points:* Dazhui (DU 14), Houxi (SI 3).

## CASES

Case 1 (11 p. 417):

A patient was suffering from headache, aversion to cold, dysphasia and coldness of extremities. Pulse was tight, tongue was pale. This was a case of febrile disease caused by Wind of the Initial Yang Channel. It was in late spring, but it was cold owing to continuous rain. A diaphoretic, Combination of Two Decoctions of *Ramulus Cinnamomi* and One Decoction of *Herba Ephedrae* was prescribed:

<i>Herba Ephedrae</i>	3 <i>qian</i>
<i>Ramulus Cinnamomi</i>	6 <i>qian</i>
<i>Radix Glycyrrhizae Praeparata</i>	3 <i>qian</i>
<i>Semen Armeniacae Amarum</i>	5 <i>qian</i>
<i>Rhizoma Zingiberis Recens</i>	6 slices
<i>Fructus Ziziphi Jujubae</i>	2 pcs.

Three cups of decoction were prepared. One cup of the decoction was served to induce a slight perspiration. If there was perspiration no more was to be taken. In case the first cup failed to bring a perspiration, take the rest of the decoction.

*Summary:* This is a case in *Wu Jutong's Cases (Wu Jutong Yi An)*. Headache, aversion to cold and tense pulse are symptoms and signs suggesting a syndrome that can be treated with Decoction of *Herba Ephedrae*. But coldness of extremities and pale tongue are indications of a weak build with Yang Deficiency. Urgent as the Exterior syndrome is, a strong diaphoretic such as Decoction of *Herba Ephedrae* should not be adopted. That is why Wu Jutong used Combination of Two Decoctions of *Ramulus Cinnamomi* and One Decoction of *Herba Ephedrae* to induce a slight perspiration.

## Case 2 (12 p. 15): Initial Yang Syndrome

Male patient, 49, was suffering from fever, shivering and aversion to cold. After the fever there was perspiration and the temperature dropped to normal. This process occurred once a day for three days consecutively. Other symptoms and signs included headache, lumbago, pain of extremities, coughing, anorexia, normal urination and stool, floating-tense pulse and white-thick-slippery tongue coating.

Treatment: A dose of diaphoretic to induce a slight perspiration: Combination of Two Decoctions of *Ramulus Cinnamomi* and One Decoction of *Herba Ephedrae*:

<i>Ramulus Cinnamomi</i>	9 grams
<i>Radix Paeoniae Alba</i>	9 grams
<i>Semen Armeniacae Amarum</i>	6 grams
<i>Radix Glycyrrhizae</i>	6 grams
<i>Rhizoma Zingiberis Recens</i>	6 grams
<i>Herba Ephedrae</i>	1.5 grams
<i>Fructus Ziziphi Jujubae</i>	3 pcs.

After taking the decoction the patient experienced a great improvement, but there was a feeling of shortness of breath with palpitations. A dose of Decoction of Lesser *Jianzhong* (see Clause 100) was given for a full recovery.

## CLAUSE 26

After taking Decoction of *Ramulus Cinnamomi* and having profuse perspiration, if the patient has a great thirst for water and feels restless with a bounding (grand and huge) pulse, Decoction of *Baihu* adding *Radix Ginseng* can be adopted (1).

## NOTES

1. Explanation of this clause: This is the syndrome of Interior Heat of the excessive type after taking Decoction of *Ramulus Cinnamomi* that has created a profuse perspiration, which consequently exhausted the Body Fluid in Stomach. So the syndrome invades the Interior (transmitting from Initial Yang Channel into Greater Yang Channel). Decoction of *Baihu* is a prescription dealing with the Interior Heat syndrome of Greater Yang Channel.

Decoction of *Baihu* adding *Radix Ginseng*  
(*Baihu Jia Renshen Tang*):

<i>Rhizoma Anemarrhenae</i>	6 <i>liang</i>
<i>Gypsum Fibrosum</i> (break into small pieces and put in a silk sack)	1 <i>jin</i>
<i>Radix Glycyrrhizae Praeparata</i>	2 <i>liang</i>
<i>Semen Oryzae Nonglutinosae</i>	6 <i>ge</i>
<i>Radix Ginseng</i>	3 <i>liang</i>

Stew the above drugs in one *dou* of water till the *Semen Oryzae Nonglutinosae* is well cooked. Filter the decoction and take three doses a day of one *sheng* each dose.

*Explanation of the Prescription:* This decoction deals with the syndrome of Interior excessive Heat. It has the function of eliminating Interior Heat and producing Body Fluid to quench the thirst. Gypsum Fibrosum is used as the main drug for its pungent-taste and cold-quality in eliminating the Heat and reducing the thirst. The bitter-taste and moistening nature of Rhizoma Anemarrhenae helps Gypsum Fibrosum to eliminate Heat and moisten the dryness. Radix Glycyrrhizae and Semen Oryzae Nonglutinosae are used to nourish the Stomach. Because of the loss of Body Fluid after perspiration, Radix Ginseng is used to produce Body Fluid and quench thirst. Radix Ginseng also has the function of tonifying the Interior Deficiency and rescuing an adverse case.

*Acupuncture Points:* Shaoshang (LU 11), Shangyang (LI 1), Hegu (LI 4), Jinmen (BL 63), Weishu (BL 21), Zusanli (ST 36).

## CASES

Case 1 (11 p. 420): A Case from “*Mingyi Lei'an*”

An adult male patient of strong build was ill after traveling in a boat on a summer day. With nausea and retching, he could not take in any food and tossed and turned in bed at night, too restless to fall sleep. It was the sixth day when he visited the doctor. His pulse was deep-slender-deficient-void. Doctor diagnosed the case as heat stroke. Decoction of *Baihu* adding Radix Ginseng of five *qian* was prescribed. After taking the decoction, nausea and retching stopped and the patient had a sound sleep. Several doses with lesser dosage of Radix Ginseng were given to bring about a full recovery.

Case 2 (11 p. 420): A Case from “*Mingyi Lei'an*”

Male patient in his thirties of weak build had been suffering from vomiting and diarrhea for seven days. When the doctor was sent for, the patient was almost dying with his pulse beating eight times during one breath. Such a rapid pulse on a summer day indicated the deep penetration of pathogenetic Humidity-heat into the body. Vomiting and diarrhea with anorexia indicated the rampage of pathogenetic factors. This was a case of acute febrile disease due to summer heat. Decoction of *Baihu* adding Radix Ginseng was prescribed. Half a cup of the decoction was served as the first dose. After a long interval another cup was given, which made the patient feel relieved. After three doses are finished, subtract Rhizoma Anemarrhenae and Gypsum Fibrosum and increase the dosage of Radix Ginseng to four to five *qian* and add Cortex Phellodendri, Pericarpium Citri Reticulatae and Radix Ophiopogonis, etc. in the new prescription. The patient was fully recovered within a month.

Case 3 (11 p. 420): A Case from “*Mingyi Lei'an*”

Female patient in her sixties had a heat stroke on a summer day with symptoms and signs of scorched heat all over the body, great thirst, severe headache, and desire for cold drinks. Pulse was deficient-void, with an interval in every two or three beats. Decoction of *Baihu* adding Radix Ginseng was prescribed. Three doses were taken within one day, dispersing the fever and thirst completely.

Case 4 (18 p. 244): Excessive Thirst

Male patient, 16, contracted acute febrile disease two years ago. Since recovering from the disease, he has suffered from frequent drinking of water and frequent urination and wasting. Other symptoms and signs included parched mouth and tongue, fatigue,

emaciation, redness on edge and tip of tongue, yellow and dry coating, pulse grand.

Diagnosis: Excessive Heat in the Lung and Stomach and exhaustion of Body Fluid and Vital Energy are the causes of excessive thirst.

Treatment: Decoction of *Baihu* adding Radix Ginseng was given to eliminate Heat and help germinate the Body Fluid:

Gypsum Fibrosum	60 grams
Rhizoma Anemarrhenae	12 grams
Radix Glycyrrhizae	4.5 grams
Radix Ginseng	9 grams
Semen Oryzae Nonglutinosae	15 grams
Radix Rehmanniae	18 grams
Radix Trichosanthis	15 grams
Herba Dendrobii	15 grams
Rhizoma Phragmitis	3 feet

After taking five doses of the above prescription, all symptoms and signs were greatly improved. Another 50 doses (subtract Radix Ginseng, add Radix Codonopsis Pilosulae, Radix Glehniae) were taken to bring about a full recovery.

#### Case 5 (12 p. 121): Encephalitis B

Female patient, 8, was reported of having four days of high fever. On the second day she went into a coma but there was no convulsion. Urine was red and in small quantity, and she was constipated. Other symptoms and signs were: high fever (40.5 °C), no perspiration, deviation in vision, stiff neck, opisthotonos, clenched teeth and unconscious movement of tongue, coldness on the extremities, emaciation, flushed face and forehead, parched mouth and tongue, red tongue with dry, thick and yellow coating, pulse floating and speedy.

Diagnosis: Febrile disease caused by summer-heat.

Treatment: 1) *Zixue Dan*,\* three grams each dose, one dose every four hours, two doses; 2) Combination of Decoction of *Baihu* adding Radix Ginseng and Decoction of Herba Elsholtziae seu Moslae:

Gypsum Fibrosum	60 grams
Rhizoma Anemarrhenae	15 grams
Radix Glycyrrhizae	6 grams
Radix Panacis Quinquifolii	6 grams
Herba Elsholtziae seu Moslae	9 grams
Fructus Forsythiae	15 grams
Flos Chrysanthemi	9 grams
Folium Isatidis	30 grams
Rhizoma Coptidis	6 grams
Ramulus Uncariae cum Uncis	15 grams
Scorpio	9 grams
Lumbricus	12 grams
Herba Eupatorii	9 grams

\* A ready made medicine in pill or powder form.

Three doses of the above decoction were given to the patient. Free movement of extremities and normal state of tongue and teeth were achieved. Coma, stiff neck, coldness on extremities still remained. Another three doses of the above prescription with addition of 2.4 grams of powder of Cornu Antelopis, 18 grams of Ramulus Mori and 9 grams of Radix Gentianae Macrophyllae were prescribed, accompanied by one pill of *Angong Niuhuang Wan*.<sup>\*</sup> Great improvement was obtained after that. To bring about a full recovery the following prescription was given to tonify the Body Resistance and replenish the Vital Energy:

Radix Panacis Quinquefolii	6 grams
Rhizoma Anemarrhenae	6 grams
Rhizoma Phragmitis	12 grams
Herba Eupatorii	9 grams
Semen Cardamomi Rotundi	3 grams
Rhizoma Pinelliae	9 grams
Talcum	15 grams
Radix Scutellariae	6 grams
Rhizoma Coptidis	2.1 grams
Ramulus Mori	15 grams
Radix Gentianae Macrophyllae	15 grams
Ramulus Uncariae cum Uncis	9 grams

After taking six doses of the above decoction full recovery resulted.

<sup>\*</sup> *Ibid.*

#### Case 6 (12 p. 124): Puerperal Fever

Female patient, 26. Six days after labor, high fever with great thirst occurred. Other symptoms and signs included constipation and yellowish urine, delirium, flushed face, no perspiration. Temperature was 40.5°C, pulse was grand, slippery and speedy and became mighty when it was pressed deeply. Tongue coating was dry and yellowish.

Diagnosis: This was a case of puerperal fever, a syndrome in the category of acute febrile disease of Greater Yang Channel. Decoction of *Baihu* adding Radix Ginseng, and Caulis Bambusae in Taeniam (dosage of Gypsum Fibrosum was three *liang*). When the patient came to see the doctor for the second treatment her temperature had dropped to 38.6°C and other symptoms were all greatly improved. The same prescription (dosage of Gypsum Fibrosum was reduced to two *liang*) was prescribed for another two doses to bring about a full recovery.

## CLAUSE 27

Initial Yang syndrome: When the patient has fever more often than chills, with a feeble and weak pulse, it is a symptom showing the insufficient state of the Yang Vital Energy. A diaphoretic should not be adopted (1). Combination of Two Decoctions of Ramulus Cinnamomi and One Decoction of *Yuebei* can be adopted.

## NOTES

1. Wang Hu: "Diaphoretic should not be adopted" means that no profuse perspiration should be created, because feeble and weak pulse shows insufficiency of Yang Vital Energy.

Combination of Two Decoctions of Ramulus Cinnamomi and One Decoction of *Yuebei*\* (*Guizhi Er Yuebei Yi Tang*):

Ramulus Cinnamomi	18 <i>zhu</i>
Radix Paeoniae	18 <i>zhu</i>
Herba Ephedrae	18 <i>zhu</i>
Radix Glycyrrhizae Praeparata	18 <i>zhu</i>
Fructus Ziziphi Jujubae	4 pcs.
Rhizoma Zingiberis Recens	1 <i>liang</i> 3 <i>zhu</i>
Gypsum Fibrosum	24 <i>zhu</i>

Stew Herba Ephedrae in five *sheng* of water for a while. Filter the decoction and put the rest of the drugs into it and stew till two *sheng* are left. Take one *sheng* of the decoction as a dose when lukewarm.

\*Decoction of *Yuebei* is a prescription from "Synopsis of Prescriptions of the Golden Chamber (*Jinkui Yaolue*)," which consists of the following drugs:

Herba Ephedrae	6 <i>liang</i>
Gypsum Fibrosum	0.5 <i>jin</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Radix Glycyrrhizae	2 <i>liang</i>
Fructus Ziziphi Jujubae	15 pcs.

*Explanation of the Prescription:* This combination of decoctions serves to dispel the pathogenetic factors from the Exterior and muscle and eliminate the Interior Heat to quench thirst and relax the feeling of restlessness. It is a mild decoction dispelling both Interior and Exterior syndromes. Herba Ephedrae and Ramulus Cinnamomi dispel the Exterior pathogenetic factors, Gypsum Fibrosum eliminates the Interior Heat.

*Acupuncture Points:* Houxi (SI 3), Shenmai (BL 62), Hegu (LI 4), Fuliu (KI 7).

*Summary:* Comparison of Combination of Half Decoction of Ramulus Cinnamomi and Half Decoction of Herba Ephedrae (A), Combination of Two Decoctions of Ramulus Cinnamomi and One Decoction Herba Ephedrae (B) and Combination of Two Decoctions of Ramulus Cinnamomi and One Decoction of *Yuebei* (C):

(A) Suitable to Initial Yang syndrome that has lasted for a long time with strong Body Resistance and weak pathogenesis. It works to harmonize *Ying* and *Wei* and disperse the pathogenesis in a mild way. It is equally strong in dispersing the pathogenesis and in tonifying the Body Resistance.

(B) Suitable to a case with Exterior syndrome caused by the resting of pathogenesis at the Exterior owing to a prior profuse perspiration. It works to harmonize *Ying* and *Wei* and disperse the pathogenesis in a mild way. It is stronger in its function of tonifying the Body Resistance than in dispersing the pathogenesis. Therefore it is suitable to a case of a profuse perspiration.

(C) Suitable to a case with obstruction of Exterior syndrome and more severe syndrome of Heat nature than less severe syndrome of Cold nature. It works to harmonize the *Ying* and *Wei* and dredge through the obstruction at the Exterior. It is suitable to a case with Exterior syndrome and Interior Heat.

TABLE 8. DOSAGES OF THE THREE PRESCRIPTIONS

	(A)	(B)	(C)
Ramulus Cinnamomi	1 <i>liang</i> 16 <i>zhu</i>	1 <i>liang</i> 17 <i>zhu</i>	18 <i>zhu</i>
Rhizoma Zingiberis Recens	1 <i>liang</i>	1 <i>liang</i> 6 <i>zhu</i>	1 <i>liang</i> 2 <i>zhu</i>
Radix Paeoniae	1 <i>liang</i>	1 <i>liang</i> 6 <i>zhu</i>	18 <i>zhu</i>
Radix Glycyrrhizae	1 <i>liang</i>	1 <i>liang</i> 2 <i>zhu</i>	18 <i>zhu</i>
Herba Ephedrae	1 <i>liang</i>	16 <i>zhu</i>	18 <i>zhu</i>
Fructus Ziziphi Jujubae	4 pcs.	5 pcs.	4 pcs.
Semen Armeniacae Amarum	24 pcs.	16 pcs.	—
Gypsum Fibrosum	—	—	24 <i>zhu</i>

### CASES

#### Case 1 (17 p. 44): Acute Nephritis

Male patient, 37, received in the hospital on September 26, 1980. On August 25 he caught a cold after which he developed swollen face and legs, with urinary albumin (+ +), later (+ + +). A case of acute nephritis was diagnosed.

Diagnosis: Face was white and swollen, legs were severely swollen, tongue coating was yellowish, thin and greasy, tongue was slightly red. Pulse was floating-deficient and speedy. This was a case of Wind-edema\* with less severe Interior Heat. Doctor prescribed Combination of Two Decoctions of Ramulus Cinnamomi and One Decoction of *Yuebei* adding *Wupiyin*:\*\*

Herba Ephedrae	10 grams
Gypsum Fibrosum	30 grams
Radix Glycyrrhizae	6 grams
Pericarpium Zingiberis Recens	10 grams
Rhizoma Atractylodis Macrocephalae	10 grams
Fructus Ziziphi Jujubae	4 pcs.
Pericarpium Arecae	5 grams
Pericarpium Benincasae	30 grams
Cortex Acanthopancis Radicis	10 grams
Radix Astragali	15 grams
Fructus Ligustri Lucidi	12 grams
Herba Ecliptae	12 grams

Great improvement was achieved after taking 38 doses, one dose each day. Then add Radix Angelicae Sinensis 12 grams in the prescription for another 20-30 doses for a full recovery.

\*Wind-edema, *Fengshui*, see Chapter 14 of *Jinkui Yaohue*.

\*\**Wupiyin*, meaning "Decoction of Five Peels."



Case 2 (25 p. 614):

Female patient 20, first treatment on March 25, 1963. Three days prior to the treatment the patient was exposed to cold water. Two days after that she began to have headache, fever, aversion to cold with more fever and less cold, accompanied by coughing with sticky sputum. Temperature was 38.2 °C. There had been slight perspiration, but the patient was still afraid of wind and liked to wear warm clothes. Coughing accompanied by dark colored sputum, pain in the throat and parched mouth, thirsty but could not drink much, poor appetite, pain over back and waist and emaciation were also observed. Stool and urination were normal. Tongue coating was thin, yellow and slippery. Extremities were not warm as normal, pulse was slippery speedy.

Treatment: Combination of Two Decoctions of *Ramulus Cinnamomi* and One Decoction of *Yuebei* with additions:

<i>Ramulus Cinnamomi</i>	9 grams
<i>Radix Paeoniae</i>	9 grams
<i>Herba Ephedrae</i>	6 grams
<i>Semen Armeniacae Amarum</i>	6 grams
<i>Radix Glycyrrhizae</i>	6 grams
<i>Gypsum Fibrosum</i>	48 grams
<i>Fructus Ziziphi Jujubae</i>	3 pcs.

All the symptoms and signs were greatly reduced after taking one dose only.

## CLAUSE 28

After taking Decoction of *Ramulus Cinnamomi* or a dose of purgative, if the patient still has a headache and rigid neck, a little feverishness, a slight epigastric fullness with dull aching pain and dysuria but without a sweat, then Decoction of *Ramulus Cinnamomi* adding *Poria* and *Rhizoma Atractylodis Macrocephalae* subtracting *Ramulus Cinnamomi* will be the curative.

Decoction of *Ramulus Cinnamomi* adding *Poria* and *Rhizoma Atractylodis Macrocephalae* subtracting *Ramulus Cinnamomi*  
(*Guizhi Qu Gui Jia Fuling Baizhu Tang*):

<i>Radix Paeoniae</i>	3 <i>liang</i>
<i>Radix Glycyrrhizae Praeparata</i>	2 <i>liang</i>
<i>Rhizoma Zingiberis Recens</i>	3 <i>liang</i>
<i>Rhizoma Atractylodis Macrocephalae</i>	3 <i>liang</i>
<i>Poria</i>	3 <i>liang</i>
<i>Fructus Ziziphi Jujubae</i>	12 pcs.

Stew the above six drugs in eight *sheng* of water till three *sheng* are left. Take one *sheng* lukewarm decoction. When urination returns to normal the syndrome is gone.

*Explanation of the Prescription:* It is generally understood that *Radix Paeoniae*, but

not *Ramulus Cinnamomi*, should be excluded, as *Ramulus Cinnamomi* dispels the Exterior syndrome.\* The sour and astringent nature of *Radix Paeoniae* is not suitable to the symptom of epigastric fullness. *Rhizoma Atractylodis Macrocephalae* and *Poria* help the Stomach in digestion and stimulate water and fluid circulation so as to ameliorate urination.

\*There was a debate on this issue in the 1960s (23 p. 61). The following are the main ideas represented:

1) Wu Kaopan thought that whenever there was a mention in *Shanghan Lun* about the adding and subtracting of a prescription, it had two implications: it might be to add or subtract one ingredient to or from a prescription; it could also indicate to increase or decrease the dosage of one ingredient. He said that in this prescription, "subtracting *Ramulus Cinnamomi*" meant to decrease the dosage of *Ramulus Cinnamomi* from three *liang* to one *liang*, as this is a prescription treating both the Exterior and Interior syndromes. (Without Exterior syndrome, there should be no *Ramulus Cinnamomi* in the prescription).

2) Leng Qilin disagreed. He argued that since the text said "after taking Decoction of *Ramulus Cinnamomi* or a dose of purgative, if the patient still has a headache....," it meant that administration of Decoction of *Ramulus Cinnamomi* and a purgative (with *Radix et Rhizoma Rhei* as the main ingredient) was wrong. To reverse the bad effect of *Radix et Rhizoma Rhei* and *Ramulus Cinnamomi*; *Rhizoma Atractylodis Macrocephalae* and *Radix Paeoniae* were the right drugs. Therefore, *Ramulus Cinnamomi* should be deleted and *Radix Paeoniae* should remain. *Poria* was added to smooth the circulation of Water.

3) Yan Zifan did not support Leng's argument of subtracting *Ramulus Cinnamomi* and keeping *Radix Paeoniae* in the prescription. If this were done, the prescription was favorable to the case without perspiration and "a slight epigastric fullness with dull aching pain." Yan analyzed the case as one with remaining Exterior syndrome complicated with stagnation of Water-fluid at the Middle Portion of Body Cavity (*Zhongjiao*). The sour taste of *Radix Paeoniae* was no good in helping disperse the Exterior syndrome, nor was it helpful to the fullness at the Interior. Therefore, it was *Radix Paeoniae*, but not *Ramulus Cinnamomi*, that should be deleted.

4) Chen Zihou made a compromise, stating that both *Ramulus Cinnamomi* and *Radix Paeoniae* should remain. Therefore, this prescription was actually Decoction of *Ramulus Cinnamomi* adding *Poria* and *Rhizoma Atractylodis Macrocephalae*, as this was a symptom complex of Exterior syndrome complicated with Interior Water-fluid stagnation in deficient nature.

Different as these ideas were, the issue still remains as it is and further studies are required.

*Acupuncture Points*: Yinlingquan (SP 9), Zusanli (ST 36), Qihai (RN 6), Sanyinjiao (SP 6).

## CASES

Case 1 (21 p. 39): Fever (doctor: Chen Shenwu)

A patient had suffered from a fever for a long time, which even after repeated treatment did not subside.

Diagnosis: Symptoms and signs included dysuria, epigastric fullness and distention, deep-tight pulse, white and watery tongue coating. Fever was caused by the stagnation of Water-fluid at the Interior and the accumulation of Yang Vital Energy at the Exterior.

Treatment: Three doses of Decoction of *Ramulus Cinnamomi* adding *Poria* and *Rhizoma Atractylodis Macrocephalae* subtracting *Ramulus Cinnamomi* were given. Fever subsided after three doses.

## Case 2 (22 p. 25): Influenza

An aged patient had influenza in 1974. Symptoms and signs included stuffy nose, headache, coughing with irritation in the throat. The patient prescribed for himself Decoction of Ramulus Cinnamomi with heavy dosage of Ramulus Cinnamomi, Rhizoma Zingiberis Recens and Radix Glycyrrhizae, adding Folium Perillae and Herba Asari, but this was of no avail. When he came to the doctor more symptoms and signs had appeared: profuse phlegm and suffocation in the chest, and gastric distention that made him tend to vomit. The following prescription was given:

Ramulus Cinnamomi	6 grams
Radix Paeoniae Rubra	9 grams
Radix Glycyrrhizae	6 grams
Fructus Ziziphi Jujubae	4 pcs.
Rhizoma Zingiberis Recens	12 grams
Flos Magnoliae Officinalis	9 grams
Rhizoma Pinelliae Praeparata	9 grams
Poria	12 grams
Rhizoma Atractylodis Macrocephalae	12 grams

After taking two doses of the above decoction the syndrome was gone.

## Case 3 (22 p. 26): Epilepsy

Female patient, 50, often fell to the ground with spasms and a loss of consciousness. This might occur several times a month. She was diagnosed by a Western doctor as suffering from epilepsy.

Diagnosis: A white, sandy, dry and thick coating was found on her tongue. Palpation of the gastric region showed hardness and tenderness. The patient reported a poor appetite but a parched feeling in the mouth and a tendency to drink. This was a case caused by the stagnation of Water-fluid at the Middle Portion of Body Cavity (the gastric region), but the patient demanded urgent treatment for epilepsy rather than the ailment in the stomach. The doctor diagnosed epilepsy caused by a disorder in the brain. In treatment of epilepsy a number of stimulus can be listed according to TCM theory, therefore the following therapies could be adopted to reduce or even cure the syndrome of epilepsy: to eliminate sputum, to harmonize the Blood, to facilitate the normal circulation of Vital Energy, to break through any stagnation in the Interior. Stagnation of Water-fluid in the epigastric region and accumulation of sputum were the stimulus responsible for the onset of epilepsy.

Treatment: Decoction of Ramulus Cinnamomi adding Poria and Rhizoma Atractylodis Macrocephalae subtracting Ramulus Cinnamomi with alterations were prescribed:

Poria  
Rhizoma Atractylodis Macrocephalae  
Radix Paeoniae Alba  
Radix Glycyrrhizae Praeparata  
Fructus Aurantii Immaturus  
Bombyx Batryticatus  
Scolopendra  
Scorpio

A year later when the patient visited the doctor, she said that after taking several doses of the above decoction the epilepsy never occurred again. Epigastric ailment was also gone. Now there was a recurrence of the epigastric disorder and she asked the doctor to treat this. A prescription was prescribed to help build the Stomach function, to promote the normal flow of Vital Energy and to eliminate the sputum.

## CLAUSE 29

Initial Yang syndrome: When the patient perspires spontaneously, feels chilled, is vexed, urinates frequently, and has foot spasms and a floating pulse, it would be a mistake to give him Decoction of Ramulus Cinnamomi to dispel the Exterior syndrome. If Decoction of Ramulus Cinnamomi were given, it would cause coldness of the extremities (Jue)(1).

When the patient feels parched in the throat and is restless with nausea and vomiting, prescribe Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis to recover the Yang Vital Energy.

After the patient's extremities warm up, prescribe Decoction of Radix Paeoniae and Radix Glycyrrhizae to relieve the foot spasms.

If patient has delirium and suffers Stomach discomfort, Decoction of *Tiaowei Chengqi* in small dosage would fit the case.

In case another diaphoresis and hot acupuncture were adopted, Decoction of *Sini* could be adopted for rescue (2).

## NOTES

1. Coldness of the extremities (Jue): Cold on the body and four extremities. There may also appear a state of coma.

2. Explanation of the clause: This clause deals with the syndrome of Deficiency both in Yin and Yang. Floating pulse, spontaneous perspiration, and a slight chill are symptoms and signs of Exterior Deficiency. Restlessness shows Deficiency of the Heart Yang in its spiritual activity. Frequent urination reflects that the deficient Yang Vital Energy has lost control of urination. Foot spasms manifest the lack of nourishment of the Body Fluid and the warming function of Yang Vital Energy on tendons and in blood vessels. Syndromes of deficient type caused by malpractice to febrile diseases are either Loss of Yang or Loss of Yin.\* Thus it is correct to recover the Yang Vital Energy as a priority in treatment, so that the adverse case can be rescued. Generally speaking, the most urgent treatment for an adverse case is to maintain the Yang Vital Energy. One who loses his Yang Vital Energy will die, while one who maintains it will survive.

\*Loss of Yin, or Evanescence of Yin, or "High output low resistance shock": Owing to high fever, profuse perspiration, and repeated vomiting and diarrhea, exhaustion of the Yin Body Fluid will cause a Loss of Yin. There may appear the following symptoms and signs: fever, frequent perspiration, vexation and irritation, thirst for cold water, dyspnea, warmth in the extremities, dryness and redness on the lips and tongue, with deficient and speedy pulse.

Loss of Yang, or Evanescence of Yang, or "Low output high resistance shock":

Owing to profuse perspiration, the adoption of an acute emetic or drastic, or due to some other factors that may exhaust the Yang Vital Energy, the Yang Vital Energy is suddenly declining, resulting in a Loss of Yang. The following symptoms and signs result: Profuse perspiration with sweat coming out like dew, making the body sticky; fear of cold; cold in the extremities; dyspnea; pallor in the face; no thirst for water or thirst for hot water; pale and slippery lips and tongue, or purple and blue lips and tongue in an acute case. The pulse is too feeble to be sensed, or floating-speedy and void.

Loss of Yang is a further deterioration of Loss of Yin. When the Yin Body Fluid is expended to a great extent, the Loss of Yang Vital Energy will follow.

*Acupuncture Points:* Baihui (DU 20), Zusanli (ST 36), Guanyuan (RN 4), Jingmen (GB 25), Shenshu (BL 23), Sanyinjiao (SP 6), Taixi (KI 3).

Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis  
(*Gancao Ganjiang Tang*):

Radix Glycyrrhizae Praeparata	4 <i>liang</i>
Rhizoma Zingiberis	2 <i>liang</i>

Stew the above two drugs in three *sheng* of water till one *sheng* and five *ge* are left. Serve the decoction in two doses.

*Explanation of the Prescription:* This decoction serves to recover the Yang Vital Energy by pungent-sweet-taste drugs. Radix Glycyrrhizae Praeparata is used to harmonize the Stomach (Interior). Rhizoma Zingiberis recovers the Yang Vital Energy in the "chest."

According to (11 p. 436), this prescription is suitable to the following cases:

- 1) To recover the Yang Vital Energy in a case with deficiency both at the Exterior and the Interior caused by the mistreatment of purgative or diaphoretic.
- 2) Gastric pain caused by the deficient state of the Stomach Yang.
- 3) Blood emesis caused by the deficient state of the Spleen and Stomach Yang.
- 4) Pulmonary asthenia in a deficient and Cold type.

## CASES

Case 1 (22 p. 173): Gastric Pain

Male patient, 34, first treatment on March 25, 1965. Gastric pain lasted for five or six days, with five to six times of attacks a day, accompanied by repeated belching. Tongue coating was thin and white. Pulse was slow (58 beats per minute) and slightly tight.

Diagnosis and treatment: Gastric pain caused by pathogenetic Cold. Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis adding Radix Paeoniae was prescribed:

Radix Glycyrrhizae	10 grams
Rhizoma Zingiberis Recens	10 grams
Radix Paeoniae	10 grams

After two doses were taken, the third day when the patient visited the doctor, he reported that the pain was greatly reduced. Pulse beat was 62/min. Three doses of the above decoction were taken. The pain was gone and pulse beat was 70/min.

**Case 2 (22 p. 174): Abdominal Distention**

Male patient, 39, had suffered from chronic abdominal distention for several years. Acid regurgitation was also reported. Pulse was slow (58/min). After taking five doses of Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis the syndrome was gone and the pulse resumed to its normal state.

**Case 3 (22 p. 174): Diarrhea**

Male patient, 70, had watery diarrhea owing to improper intake of cold food and food such as spinach. Pulse beat was 55/min, with moistening tongue and no coating. One dose of Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis (each 9 grams) stopped the diarrhea and pulse beat was increased to 65/min.

**Case 4 (22 p. 174): Abdominal Pain During Menstruation**

Female patient, 27, was suffering from abdominal pain during menstruation accompanied by low fever (37.4°C), vomiting, moistening tongue and white coating, slow pulse (66/min). Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis adding Radix Paeoniae, a combination of Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis and Decoction of Radix Paeoniae and Radix Glycyrrhizae (see next prescription) were given to recover the Yang and to tonify the Yin and Blood. The syndrome was gone after three doses were taken.

**Case 5 (22 p. 175): Acid Regurgitation**

Male patient, 35, had had acid regurgitation for two months with cold extremities and slow pulse (58/min). After taking two doses of Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis, the syndrome was gone, and pulse was resumed to normal.

**Case 6 (22 p. 175): Chest Pain**

Female patient, 39, chest pain with dragging pain to the back. Diagnosis made by Western physician was "mitral stenosis." Pulse was slow (58/min). After taking five doses of Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis, pain was gone and pulse was normal (64/min).

**Case 7 (22 p. 175): Vertigo**

Female patient, 20. The patient reported to the physician that she was feeling dizzy, had abdominal pain and had been vomiting. Prior to this while her menstruation just stopped, the patient was fording a river in which the water was pretty cold. That night she began to feel abdominal pain. The next morning (the day when she went to see the doctor), she was having severe abdominal pain, vomiting and acute vertigo that made her unable to get up. Pulse was slow (56/min) and slender. Tongue was pale and coating was white. No thirst, no appetite and no fever (36°C). Ailment was caused by pathogenetic Cold. Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis (each 15 grams) was urgently adopted. One dose of lukewarm decoction provided great relief. The next day when she came to the doctor, a full recovery was observed (pulse beat 78/min).

**Case 8 (22 p. 175): Epistaxis**

Male patient, 21, who had chronic epistaxis, had been driving his truck for three days. When he returned home nose-bleeding began at 6:00 p.m., and lasted for five

hours. Late that night the doctor was sent for. The patient's face was as pale as white paper and his body was fairly cold. He was unable to answer any questions. Pulse was extremely slender. Consciousness was almost gone. Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis (each 9 grams) were prescribed and prepared urgently for a rescue. Two hours after taking the decoction extremities began to warm up. The patient gradually came to himself. Pulse began to beat slowly, and he was able to answer questions. Epistaxis finally stopped. The next day, 12 grams of Colla Corii Asini was stewed for a treatment. No recurrence was reported.

#### Case 9 (22 p. 175): Hemoptysis

Young male patient who had chronic hemoptysis had another attack and was treated with decoctions of cool and astringent drugs which had previously worked but didn't work this time. Drugs of warm-quality and drugs removing blood stasis were also used but to no avail.

Diagnosis: Slight spitting of dark-colored blood, thin in quality, was observed. Other symptoms and signs included slight coughing, repeated spitting of saliva, no appetite and yellowish urine. Tongue was moistening, slippery and no coating. Pulse was soft and moderate.

Treatment: Prescribe Decoction of *Lijunzi* with additions:

Radix Ginseng  
 Rhizoma Atractylodis Macrocephalae  
 Poria  
 Radix Glycyrrhizae Praeparata  
 Rhizoma Pinelliae  
 Pericarpium Citri Reticulatae  
 (the above ingredients form the Decoction of *Lijunzi*)  
 Cacumen Biotae Praeparata  
 Herba Schizonepetae

After taking five doses of the above decoction hemoptysis did not stop. The doctor finally realized that Decoction of *Lijunzi* was too strong in tonification and was not suitable in this case. Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis was a decoction that could warm the Lung and tonify the Spleen. It was tonifying, but it was not stabilizing; it was warming, but not dry, therefore Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis was prescribed:

Radix Glycyrrhizae Praeparata	18 grams
Rhizoma Zingiberis Praeparata	9 grams

Four doses were taken in succession. Hemoptysis subsided and another three doses were given with good effect. Proper diet was served to bring about a full recovery.

#### Case 10 (23 p. 48): Physician: Zhu Yan, reported by *Zhongyi Zazhi (TCM Magazine)*, 11:6, 1965

Doctor Zhu treated 34 cases successfully by adopting Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis. All the cases were in Cold nature and included: gastric pains, 8 cases; acid regurgitation, 2 cases; epigastric distention, 2 cases; diarrhea with intestinal booming sound, 1 case; chest pains, 2 cases; vertigo, 13 cases; coughing,

2 cases; abdominal pain during menstruation, 4 cases.

Case 11 (13 p. 151): Spitting of Saliva

Female patient, 65, of plump build who although she did not like to drink water suffered from edema on face and both legs. Diarrhea with intestinal booming sound was a frequent occurrence, which served as proof of deficient Yang in Spleen and Stomach. Pulse was deep-slow. Tongue was pale and swollen. Decoction of Fructus Evodiae\* and Powder of *Wuling*\*\* were given, but to no avail.

Diagnosis and treatment: Profuse salivation was caused by the deficient and Cold state of the Lung and Stomach, which failed to rightly deploy the Body Fluid, causing profuse salivation. Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis (each 15 grams) was prescribed. After taking five doses (one dose per day), the syndrome was gone.

\*See Clause 243.

\*\*See Clause 71.

Case 12 (13 p. 152): Incontinence of Urine

Male patient, 60, had had incontinence of urine occasionally two years ago, but recently it had become aggravated to such an extent that urine might drip at any time.

Treatment: Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis was prescribed. After taking 30 doses urination was under control. Powder of the two drugs was then given daily at nine grams as prevention.

Decoction of Radix Paeoniae and Radix Glycyrrhizae  
(*Shanyao Gancao Tang*):

Radix Paeoniae	4 <i>liang</i>
Radix Glycyrrhizae Praeparata	4 <i>liang</i>

Stew the above two drugs in three *sheng* of water till one *sheng* five *ge* are left. Take the decoction in two doses.

*Explanation of the Prescription:* Sour and sweet tasting herbs are used simultaneously to nourish the Nutrient Essence and Blood, thus bringing about the normal movement of legs.

## CASES

Case 1 (18 p. 44): Epigastric Pain

Male patient, 17, was suffering from repeated epigastric pain, which was aggravated at night with dragging pain. Urination and stool were normal and appetite was good. Tongue was slightly red, with light yellow coating. Pulse was tight and a bit speedy. It was a case of acute gastrospasm.

Treatment: Decoction of Radix Paeoniae and Radix Glycyrrhizae:

Radix Paeoniae	15 grams
Radix Glycyrrhizae	9 grams

The pain was completely gone after taking two doses.



## Case 2 (18 p. 45): Appendicitis

Female patient, 29, had been suffering from chronic appendicitis for several years. On August 18, 1973, there was an abrupt attack with acute pain. Pulse was tight, tongue was light red with thin and white coating, temperature was 38.5 °C. The patient was sent to a hospital in which a diagnosis of chronic appendicitis with acute attack was made. An operation was proposed, but the patient refused an operation and asked for TCM treatment. The following drugs was prescribed:

Radix Paeoniae Alba	30 grams
Radix Glycyrrhizae	15 grams
Rhizoma Zingiberis Recens	2 slices
Fructus Ziziphi Jujubae	2 pcs.

Pain was gone after taking one dose of the above decoction. Temperature returned to normal. There was slight tenderness. The second prescription was as follows:

Herba Taraxaci	15 grams
Radix Paeoniae Alba	15 grams
Herba Hedyotis	30 grams
Radix Glycyrrhizae	9 grams

After taking three doses of the above decoction the syndrome was gone.

## Case 3 (18 p. 49): Pain on Feet

Female patient, adult, was suffering from foot pain when she walked a long distance. The feet were purple and tender. In cold days, when she warmed her feet over a fire the pain was aggravated. If the feet were cold they were also painful, and they were painful and swollen at night. The syndrome subsided a bit during the day. Decoction of Radix Paeoniae and Radix Glycyrrhizae was prescribed:

Radix Paeoniae Alba	1 <i>liang</i>
Radix Paeoniae Rubra	1 <i>liang</i>
Radix Glycyrrhizae	8 <i>qian</i>

On the third day when the patient came to express her thanks to the doctor, she reported that she could stand on her feet again.

## Case 4 (18 p. 49): Systemma

Male soldier, 20, suffered from repeated systemma. Severe attacks occurred when he forded in cold water. Massage and infrared radiation had been tried but to no avail. Acupuncture on Chengshan (BL 57) provided some relief. A veteran TCM doctor prescribed Decoction of Radix Paeoniae and Radix Glycyrrhizae as follows:

Radix Paeoniae Alba	15 grams
Radix Glycyrrhizae	6 grams
Fructus Chaenomelis	9 grams
Radix Ligustri Lucidi	9 grams

After taking six doses of the above decoction the pain was gone. To prevent a recurrence, two doses of the above decoction were given to the patient every week for six weeks, assisted by acupuncture on Chengshan (BL 57).

Other cases of the treatment of systemma by using Decoction of Radix Paeoniae and Radix Glycyrrhizae were reported by the First United Hospital of Changzhou City, Tianning District.

Prescription:

Radix Paeoniae Alba	9 grams
Radix Glycyrrhizae Praeparata	9 grams

Each decoction was taken in two doses daily before meals.

Statistics are as follows:

Total of 72 cases of systemma. Among them: (A) anhydrous, 28 cases; (B) overwork of musculus gastrocnemius, 21 cases; (C) ecchymoma at lower extremities, 12 cases; (D) others, 11 cases. After taking two doses within one to four days, the effects were shown in the following table:

TABLE 9. EFFECTS OF THE 72 CASES OF SYSTEMMA

Groups	Recovery	Improvement	No effect
(A) 28 cases	25	3	—
(B) 21 cases	14	3	4
(C) 12 cases	4	6	2
(D) 11 cases	5	5	1

Of all the cases, 40 were reported to have stopped the attack after taking one or two doses. There were 11 cases which had had a recurrence in the process of treatment.

Case 5 (18 p. 50): Spine Condensing Osteitis

Using Decoction of Radix Paeoniae and Radix Glycyrrhizae, Doctor Guan Youpo treated 40 cases of spine condensing osteitis successfully. Only two cases did not respond.

Prescription:

Radix Paeoniae Alba	60 grams
Radix Glycyrrhizae	9 grams
Fructus Chaenomelis	12 grams

In cases of spur on vertebrae cervical, add:

Ramulus Loranthi	30 grams
Radix Clematidis	9 grams

In cases of spur on lumbar vertebra, add:

Radix Dipsaci	24 grams
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Flos Carthami	12 grams
Radix Achyranthis Bidentatae	15 grams
Radix Clematidis	9 grams

#### Case 6 (13 p. 63): Adynamia on Extremities

Male patient, 55, who felt adynamia on the four extremities and could not stand on his feet after walking one kilometer. Nor could he lift heavy things with his arms. Numerous tonics had been used but to no avail. Pulse was tight and speedy. Decoction of Radix Paeoniae and Radix Glycyrrhizae was prescribed. After taking 20 doses of the above decoction his extremities were restored to normal.

#### Case 7 (13 p. 64): Contraction

Female patient, 28, was suffering from contractions all over the body for more than three years. There was an attack every morning after getting up. During an attack the patient had severe contractions of the four extremities, and curled herself up on bed. A stiff tongue made it impossible for her to speak. There was relief after at least two hours and sometimes she fell asleep after the seizure. Decoction of Radix Paeoniae and Radix Glycyrrhizae with additions was prescribed, with the following ingredients:

Radix Paeoniae  
 Radix Glycyrrhizae  
 Ramulus Uncariae cum Uncis  
 Fructus Chaenomelis  
 Radix Angelicae Sinensis

After taking 30 doses of the above decoction there was great relief. The above ingredients prepared in pill form were then given in a period of two months. No recurrence was reported.

#### Case 8 (13 p. 65): Abdominal Pain

Male patient, 14, had been suffering from abdominal pain for three months. Anthelmintic, a decoction aimed at warming the Interior Cold and a decoction aimed at removing food stagnancy and promoting digestion had been adopted, but none of them worked. Every morning before taking breakfast there was an attack with severe pain around the navel, and a feeling of dragging pain. Stool and urination were normal, appetite was good.

Treatment: Decoction of Radix Paeoniae and Radix Glycyrrhizae adding Ramulus Cinnamomi and Rhizoma Zingiberis was prescribed. Pain was gone after taking two doses.

#### Case 9 (22 p. 208): Trigeminal Neuralgia

Female patient, 64, first treatment on July 12, 1964. Acute trigeminal neuralgia lasting for two weeks. Pain appeared to be induced by the movement of speaking and swallowing. Every seizure lasted for more than 10 seconds, with repeated seizures. The patient was depressed and had headache and vertigo, and no desire for drink and food. Pulse was moderate and huge, with no tongue coating and cracks appeared on surface of tongue. Decoction for nourishing the Blood and dispersing the Wind did not work so Decoction of Radix Paeoniae and Radix Glycyrrhizae was prescribed:

Radix Paeoniae (prepared with wine)	30 grams
Radix Glycyrrhizae (prepared with honey)	12 grams

After taking two doses of the above decoction the pain was gone, but there was a feeling of numbness on the foci. Another two doses were given and all symptoms disappeared. No recurrence was reported within seven months.

#### Case 10 (22 p. 209): Epigastric Pain

Female patient, 36. When she was excessively angry severe epigastric pain would attack making the patient cry loudly. This lasted for several years. In a Western medical hospital she received a diagnosis of "stomach neurosis" and was given oryzanol but to no avail. When she later went to a TCM doctor an examination was made: when there was an attack of epigastric pain she felt a contraction, and the pain subsided a bit when it was pressed. Tongue coating was thin and white. Pulse was tight. The following drugs were prescribed:

Radix Paeoniae Alba	9 grams
Radix Glycyrrhizae	4.5 grams
Rhizoma Cyperi Praeparata	9 grams
Rhizoma Corydalis	6 grams

The pain was gone after taking six doses.

#### Case 11 (12 p. 20):

Female patient, adult, could not control her arms which were moving continuously day and night. She was crying "I am tired to death!" When she was taken to the doctor, her relatives were holding her arms enabling the doctor to examine the pulse. Prescription was made to harmonize the Blood and disperse the Wind, but without effect. An old pharmacist prescribed Decoction of Radix Paeoniae and Radix Glycyrrhizae (each 30 grams). After taking the decoction the patient quietened down and the syndrome subsided.

*Summary:* Decoction of Radix Paeoniae and Radix Glycyrrhizae is composed of only two drugs, but it can be widely used. With different additions it is a prescription that works wonders. Radix Paeoniae can nourish the Yin Body Fluid, harmonize the Blood, nourish the tendons and relieve the contraction. Radix Glycyrrhizae Praeparata tonifies the Interior and relieve the contraction. When they are used in one decoction, they have the efficacy of softening the Liver, tonifying the Yin and Blood and relieving the contraction and spasm. It can also strengthen the tendons and muscles and cure the debility of tendons and extremities. Therefore it is a prescription that can be used to treat all syndromes caused by contractions of various sources, as indicated by the cases quoted above. As to the dosage of the two drugs, the original prescription made it 1:1, but clinical experience shows that 2:1 (Radix Paeoniae vs. Radix Glycyrrhizae) is better. In some cases, dosage of Radix Paeoniae can be as much as 60 grams. Radix Paeoniae Alba is more frequently used than Radix Paeoniae Rubra, which works to remove blood stasis at the same time.

Decoction of *Tiaowei Chengqi*\*(*Tiaowei Chengqi Tang*):

Radix et Rhizoma Rhei	4 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Natrii Sulfas	0.5 <i>sheng</i>

Stew the two herbs in three *sheng* of water till one *sheng* is left. Filter the decoction and put Natrii Sulfas into the decoction. Stew the decoction on a slow fire till the decoction is boiling. When lukewarm, serve the decoction a little at a time.

\*Literally, *Tiaowei Chengqi* means to harmonize the Stomach function, and reinforce the normal function (of the Stomach)

*Explanation of the Prescription:* Radix et Rhizoma Rhei, a purgative, is used to bring down the excessive Heat. Natrii Sulfas moistens the constipation. Radix Glycyrrhizae Praeparata harmonizes the Stomach function. After taking Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis which has helped the recovery of Yang Vital Energy, the syndrome has transmitted into Greater Yang Channel. This decoction is used to harmonize Stomach function, so that the delirium can be vanquished.

## CASES

## Case 1 (18 p. 268): Intestinal Obstruction

Male patient, 37, abdominal colic lasted for 13 hours with repeated attacks. Temperature was 37.5 °C. Other symptoms included abdominal distention and colic. Pulse was tight, with thin tongue coating. A doctor of Western medicine examined the patient and made the diagnosis of "intestinal obstruction." A TCM doctor was consulted before surgery and he prescribed Decoction of *Tiaowei Chengqi* with additions at 5:00 p.m.:

Radix et Rhizoma Rhei	30 grams
Natrii Sulfas	12 grams
Radix Glycyrrhizae	4.5 grams
Fructus Aurantii Praeparata	9 grams
Radix Aucklandiae	4.5 grams
Semen Arecae	9 grams
Rhizoma Cyperii	9 grams
Radix Linderae	9 grams

The decoction was fed through the stomach tube and the patient was placed under observation. At 9:00 p.m. pain was still acute, accompanied by intestinal booming sound. The decision to operate was made. At 9:30 p.m. as the patient was sent into the operation room he suddenly had a bowel movement. Stool mixed with a large quantity of red colored water was observed. There was great relief after the bowel motion and the patient fell asleep. The operation was not done and the patient was sent back to his room. The next day, the patient had his bowels open four times. Abdominal distention subsided. Another 17 days' treatment was given and the patient was able to leave the hospital on the 18th day.

## Case 2 (18 p. 268): Periodontitis

Male patient, 23, was suffering from upper periodontitis for five months, with red and swollen gums, pain, congestion and pus. Other symptoms included bad mouth odor, body fever, thirst, restlessness, insomnia, constipation and no stool for six days, slippery-speedy and mighty pulse, thick and yellow tongue coating and red tongue.

Diagnosis: Excessive Heat in the Stomach was the cause.

Treatment: Decoction of *Tiaowei Chengqi* with additions:

Radix et Rhizoma Rhei	9 grams
Natrii Sulfas	9 grams
Radix Glycyrrhizae	3 grams
Radix Scrophulariae.	15 grams
Rhizoma Coptidis	3 grams

After taking two doses of the above decoction there were several loose bowel movements. The syndrome subsided gradually after more treatment was given.

## Case 3 (24 p. 126): From Case Studies of Luo Qianfu

Male patient, 19, had been suffering from febrile disease caused by Cold for nine days. The doctor made a diagnosis of Yin syndrome and prescribed Pill of *Fuzi Lizhong* (Radix Aconiti, Radix Ginseng, Rhizoma Zingiberis, Radix Glycyrrhizae Praeparata and Rhizoma Atractylodis Macrocephalae). Several doses of the above pills aggravated the case: Pulse was deep and speedy (6-7 times during one breath). The patient was unable to sleep and cried at night. He preferred cold drinks and ice and had not had a bowel movement for three days. Purgative was adopted urgently. Decoction of *Tiaowei Chengqi* was given:

Radix et Rhizoma Rhei (prepared with wine)	6 <i>qian</i>
Radix Glycyrrhizae Praeparata	2 <i>qian</i>
Natrii Sulfas	5 <i>qian</i>

After taking the decoction several stools were passed, with 20 pieces of dry feces in the stool. A good perspiration at night was reported. The syndrome was gone the next morning.

Case 4 (24 p. 126): From "*Jingfang Shiyuanlu*"

A patient had been suffering from constipation with great thirst and parched mouth for more than forty days. The doctor prescribed Folium Sennae as a purgative. Feces were hard at the beginning and then became watery, but there was still pain in the abdomen, showing that the syndrome was not completely gone. Pulse was still slippery-speedy. Decoction of *Tiaowei Chengqi* was prescribed to slightly harmonize the Interior:

Radix et Rhizoma Rhei	2 <i>qian</i>
Radix Glycyrrhizae	2 <i>qian</i>
Natrii Sulfas	1 <i>qian</i>

Case 5 (24 p. 126): From "*Shanghan Lun Jinshi*"

Male patient, who was suffering from abdominal distention, dysuria and no stool for more than ten days. His feet were swollen, tongue coating was black, mouth and

lips were dry. Restlessness and vomiting were also reported, but appetite was good. After taking Decoction of *Tiaowei Chengqi*, there was a stool with strong smell and urination returned to normal.

Case 6 (24 p. 127): From "*Shengsheng Tang Zhiyan*"

Female patient, 20, had been suffering from constipation for three years. No other ailment was reported. Acute purgatives such as *Fructus Crotonis*, *Radix et Rhizoma Rhei* and *Natrii Sulfas* had been adopted but to no avail. When the doctor pressed her abdomen it was hard, but the doctor could not feel any hard feces. Decoction of *Tiaowei Chengqi* adding *Caulis Allii Fistulosi* was prescribed. Constipation was done away with and stool returned to normal.

Case 7 (22 p. 111): Diarrhea Caused by "Real Heat and False Cold"

Baby, 2, was suffering from diarrhea. The patient closed its eyes and its body was cold. Doctor diagnosed it as Lesser Yin syndrome and prescribed decoctions such as *Sini* and *Lizhong*,\* but the syndrome became worse. The patient was sent to see doctor Wu Zongrang, who immediately examined the pulse, but it could not be found. Patient's mouth was opened so that the doctor could see the tongue. There was a dry and yellow coating on the tongue. Red color was seen around the anus. The patient had repeated diarrhea, but the stool was very greasy, which was different from the Lesser Yin diarrhea with undigested cereals.

Diagnosis: This was a case with hidden excessive Heat. As the Heat was hidden deep in the Interior, there was cold at the body surface. Decoction of *Tiaowei Chengqi* was given to eliminate the real Heat:

<i>Natrii Sulfas</i>	7.5 grams
<i>Radix et Rhizoma Rhei</i>	4.5 grams
<i>Radix Scutellariae</i>	3 grams
<i>Rhizoma Coptidis</i>	2.4 grams
<i>Radix Glycyrrhizae</i>	2.4 grams

Several hours after taking the decoction a black stool was passed. Pulse resumed and extremities warmed up. The patient asked for a drink. The next day another dose of the same decoction was given and the syndrome was gone.

\*See Clause 386 for *Lizhong* and the next prescription for *Sini*.

Case 8 (22 p. 112):

Male patient, 57, had been eating up to seven meals a day but still felt hungry. Epigastric distention and pain was reported. No thirst, normal urination and constipation were also reported. Tongue coating was yellow but not very dry. Pulse was slippery and mighty.

Diagnosis: A case of "excessive Heat in the Stomach that promotes the digestion" caused by the excessive Heat of Greater Yang Channel.

Treatment: To eliminate the Stomach Fire and nourish the Yin. Following was the prescription:

<i>Radix et Rhizoma Rhei</i>	6 grams
<i>Natrii Sulfas</i>	6 grams

Radix Glycyrrhizae	4.5 grams
Radix Scutellariae	4.5 grams
Rhizoma Anemarrhenae	9 grams
Radix Asparagi	9 grams
Radix Rehmannia	9 grams
Radix Achyranthis Bidentatae	9 grams
Gypsum Fibrosum	12 grams

After taking 18 doses of the above decoction the syndrome was gone.

#### Case 9 (22 p. 112): Coughing

Male patient, 36, had been suffering from coughing for more than a month. When coughing he would spit sticky sputum. Tongue was yellow and coarse, pulse was speedy and mighty. No appetite, feces were hard.

Treatment: Decoction of *Tiaowei Chengqi* was given. After having two or three times of loose stool, coughing subsided.

#### Case 10 (12 p. 106): Intestinal Obstruction Caused by Ascarides

Female patient, 73, had been suffering from acute diarrhea for two days. She recovered after being treated by Western doctors, but very soon the patient was suffering from dysuria and constipation, abdominal distention and acute pain that made her perspire profusely. She was restless and vomited yellowish fluid in which four pieces of ascarides were found. She was diagnosed by a Western doctor as having a case of intestinal obstruction caused by ascarides. But as the patient was in her seventies and frail, surgery was not suggested. A TCM treatment was proposed.

Diagnosis: Parched mouth and tongue, restlessness, repeated vomiting of yellowish fluid, smelly stool and severe abdominal distention, deep-slender pulse and yellow and thick tongue coating all suggested a case of Excess and fullness complicated with ascarides. However strong purgatives should not be adopted as the patient's Body Resistance was not strong enough to stand such an attack. Therefore, a mild purgative, Decoction of *Tiaowei Chengqi*, was prescribed to harmonize the Interior condition:

Radix et Rhizoma Rhei	9 grams
Natrii Sulfas	9 grams
Radix Glycyrrhizae	3 grams

After taking the decoction, the patient passed stools four times with the feces first black and then yellow, in which seven pieces of ascarides were found. Vomiting stopped and abdominal distention subsided.

#### Case 11 (12 p. 107):

Male patient, 7, had a fever with spontaneous perspiration, coldness on the extremities and partial loss of consciousness. He lay on his bed covered with quilt and was incontinent of stool and urine. Flushed face, black tongue coating and deep-hidden pulse were also found. Initially, the doctor thought that it was a case of "excessive Yin resisting the Yang," but further examination did not support the diagnosis. Stool was smelly and sticky (in a case of Yin nature, stool should not be so smelly and should be mixed with undigested cereals). When the abdomen was pressed there was tenderness. Pulse was mighty and tongue coating was black and dry. All these suggested the



existence of condensed Heat at the Interior. It was a case of "diarrhea intermingled with Heat." Decoction of *Tiaowei Chengqi* with additions was prescribed:

Radix et Rhizoma Rhei	3 grams
Natrii Sulfas	4.5 grams
Folium Bambusae	3 grams
Gypsum Fibrosum	12 grams
Radix Scutellariae	6 grams
Radix Glycyrrhizae	2.4 grams
Rhizoma Acori Graminei	1.5 grams

Great improvements were reported by his father. Second treatment:

Radix Ginseng	6 grams
Folium Bambusae	6 grams
Gypsum Fibrosum	9 grams
Radix Ophiopogonis	9 grams
Radix Trichosanthis	6 grams
Radix Glycyrrhizae	3 grams
Fructus Ziziphi Jujubae	5 pcs.

The patient was better after taking two doses of the above decoction.

Decoction of *Sini*\*

(*Sini Tang*):

Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Rhizoma Zingiberis	1.5 <i>liang</i>
Radix Aconiti	1 <i>pc.</i>

Stew the above three drugs in three *sheng* of water till one *sheng* and two *ge* are left. Filter the decoction and take it warm in two doses.

\**Sini* literally means "coldness of the four extremities."

*Explanation of the Prescription:* This decoction is used to warm the Stomach and dispel the coldness so as to recover the Yang Vital Energy. Radix Aconiti recovers the Yang Vital Energy and rescues adversity. Rhizoma Zingiberis warms the Interior and drives out the coldness. As Radix Aconiti and Rhizoma Zingiberis are of strong pungent taste and hot quality and are fast moving, Radix Glycyrrhizae Praeparata is used to slow down the movement. Decoction of *Sini* is used here as an emergency rescue in the case of a Loss of Yang Vital Energy.

## CASES

Case 1 (18 p. 350): Infantile Diarrhea, Reported by *Zhejiang TCM Magazine*, No. 8, 1964

Seventy cases were reported having been cured by adoption of Decoction of *Sini* adding Rhizoma Coptidis. The prescription was:

Radix Aconiti Praeparata	1.5 grams
Rhizoma Zingiberis	9 grams
Radix Glycyrrhizae	9 grams

Stew the above drugs in 350 ml water till 150 ml are left. Add nine grams of Rhizoma Coptidis and stew it till 80 ml are left. Filter the decoction and add suitable quantity of sugar and boil it again for use. For baby under five months, serve 3-5 ml each dose, 5-8 ml for baby of 6-10 months old, 8-10 ml for baby of one and one and half years old. Serve the decoction every four hours.

Results: Among 70 cases, 58 were reported having full recovery, 8 cases had great improvement and 4 cases were not helped. This prescription is generally good for infantile diarrhea accompanied by the following symptoms and signs: diarrhea with watery stool, low fever, cold extremities, feeble-weak pulse and thin and white tongue coating. An example: Baby of four months, female. In the morning, the baby had retching and then vomited out the milk she had taken previously. Diarrhea occurred every ten minutes, with yellow and watery stool. Other symptoms included uneasiness over the eyes, coldness on the extremities and white coating on red tongue lacking saliva. Serve the above decoction 4 ml every four hours, assisted by the infusion of fluid of Western medicine. Recovery ensued on the third day.

#### Case 2 (18 p. 350):

An aged male patient caught cold in winter and developed symptoms such as headache, fever, sneezing. After six pills made of cold and dispersing drugs, the patient felt extreme fatigue and coldness on the extremities. When the doctor was sent for the patient dozed off while he was feeling the pulse. The pulse was deep, not floating as it should be in an Exterior syndrome. The tongue was pale, tender and white. The doctor said to the patient's son: "This is febrile disease caused by Cold of the Lesser Yin Channel. If more drugs in cold quality are to be adopted prognosis would be very bad. Drugs of warm quality should be served urgently to restore the Yang in the Kidney." Decoction of *Sini* was prescribed. After taking one dose, the patient felt much better with returning of spirit. After the second dose, extremities became warm and all the symptoms were gone.

#### Case 3 (12 p. 184):

Female patient in her thirties was exposed to cold water during her menstruation period and shivered a lot at night. She then fell asleep and lost consciousness. Pulse was so feeble and slender it was almost indiscernible. Coldness prevailed on extremities. The doctor immediately punctured Renzhong (DU 26) and Shixuan (Extra 30) and let out some blood, which was dark in color and greasy in quality. The patient felt pain and cried and regained consciousness, but after a while she fell asleep.

Diagnosis: This was a case of exuberance of Yin and Cold, and exhaustion of Yang Vital Energy with stagnation of Vital Energy and Blood. Drugs should be given urgently to warm the Channels and disperse the Cold so as to rescue the Yang.

Treatment: Decoction of *Sini* in large dosage was prescribed:

Radix Aconiti Praeparata	25 grams
Rhizoma Zingiberis	12 grams
Radix Glycyrrhizae Praeparata	12 grams

The doctor told the patient's relative to serve the decoction in four doses, at half hour intervals. In this way, the drug can work continuously so that it can help vitalize the Yang Vital Energy and disperse the Cold and Yin. Similar to the case when spring first comes to drive away the ice and cold of winter, a process of gradual melting and warming. If the decoction was given in one dose, it would be like the scorching sun suddenly appearing over the ice and snow, causing it to melt quickly which would probably bring about a flood.

As instructed the patient was given the decoction in a gradual way and the pulse resumed, the extremities warmed up, and the patient regained her consciousness.

Case 4 (12 p. 188): Maniac, from "Case Studies of Wu Peiheng"

Male patient in his twenties of weak build who was the only son of a widow. One day he had abdominal pain, constipation and then a fever. Treated by a physician as a case of stagnant Interior Heat, the patient was given Decoction of Semen Persicae *Chengqi* (see Clause 106) as a purgative. Before the bowels were loosened, the patient became manic and ran about with paraphasia. When the patient was brought to the doctor his pulse was found to be deepslow and strengthless. Tongue was red and dry, but the patient had no thirst and preferred a little hot water. Breathing difficulty with panting was observed.

Diagnosis: This was a case of Yin nature wrongly treated by purgatives which were driving the Yang out of the body. Therefore Decoction of *Sini* adding Cortex Cinnamomi was given to rescue the Yang:

Radix Aconiti	130 grams
Rhizoma Zingiberis	50 grams
Cortex Cinnamomi (soak in water and pour in the decoction)	13 grams
Radix Glycyrrhizae	10 grams

After taking the decoction, the patient had an epistaxis and black stool. The next day when the doctor examined the patient, he found him lying in bed, reluctant to speak, in low spirits. Pulse was extremely feeble, but he was conscious. Blood loss was not caused by the above decoction but was caused by Decoction of Semen Persicae *Chengqi*, a purgative also functioning to remove blood stasis. The patient had been so weak that it could not disperse the stasis. When the warm drugs were given, it helped circulate the Vital Energy and Blood and had the blood stasis carried out via the nose and stool. Another dose of the above decoction was given, but no epistaxis and black stool were reported. The patient was still very weak and needed tonification. Four doses of Decoction of *Sini* adding Radix Ginseng were given. Radix Ginseng was added to tonify the Vital Energy, to help promote the Body Fluid and to harmonize the Yin and Yang.

Case 5 (12 p. 189): Constipation

Male patient, 35, had been suffering from constipation for more than ten months. At first, while suffering with vertigo, he was given drugs such as Rhizoma Coptidis and Radix et Rhizoma Rhei to eliminate the Heat. But after that, not only hadn't he recovered from the vertigo, he was also suffering from constipation. He was eating less and less and became emaciated. Dry and hard feces made it very difficult to defecate, which happened every two weeks. Other purgatives such as Natrii Sulfas were tried, but none of them worked. The more purgatives were used, the harder the constipation. Finally

the patient was brought to Doctor Wang Yuxian who gave him a thorough examination.

Diagnosis: The patient's face was blue and black, eyes sank into the orbits, tongue was black but not dry, pulse was deep and hidden. The patient preferred lying in bed and sleeping. Coldness was felt all over the body. There was abdominal distention but no pain was reported. This was a case of stagnation of Yin with exuberance of Cold. The Spleen and Stomach were troubled by Cold and the Intestine was lacking Body Fluid and therefore too weak to move the contents.

Treatment: Decoction of *Sini* was prescribed to warm the Cold and vitalize the functions of the Stomach and the Intestine. After taking four doses, constipation was somewhat relieved. After taking ten doses the stool returned to normal and appetite was good. Vertigo was also gone. Then Pills of *Jinkui Shenqi*\* were given over a period of time for a full recovery.

\* Pills of Eight Drugs, see Appendix to Chapter 5 of *Jinkui Yaolue Fanglun*.

*Summary* (26 p. 305): Decoction of *Sini* syndrome is the principal syndrome of the Lesser Yin Channel (further details of Lesser Yin syndromes will be discussed in that chapter). Mechanism of Lesser Yin syndrome is the outcome of the dying out of Yang (evanescence of Yang) and exuberance of Yin or the Loss of Yin and Yang. It is an acute case. Decoction of *Sini* is used to warm the Cold and rescue the Yang so as to avoid the adverse development of a disease. Related to Decoction of *Sini*, more decoctions are given in the book: Decoction of *Sini* adding Radix Ginseng (Clause 385), Decoction of Poria and *Sini* (Clause 69), Decoction of *Tongmai Sini* (Clause 317), Decoction of *Baitong* (Clause 314), etc.

Decoction of *Sini* syndrome represents the phase of disease transmitting from the exuberance of Yang of the three Yang Channels to the dying out of Yang and exuberance of Yin. Its mechanism can be shown as follows:

Exuberance of Yang — Deficient Yang — Dying out of Yang

Decoction of *Sini* syndrome can be categorized into the following three groups:

- 1) Syndrome still remains in the Yang Channels, but diarrhea with undigested cereals caused by the Interior Cold appears together with the remaining Exterior syndrome. Coldness on the extremities has not appeared at this phase.
- 2) Syndrome transmitted into the three Yin Channels. Coldness on extremities is the main symptom. Other symptoms and signs include: pulse was so feeble as if it were disappearing, accompanied by diarrhea, or perspiration, or vomiting, or diarrhea with vomiting appearing at the same time. Exterior Heat (fever on body) may also be found.
- 3) Further deterioration of the syndrome may bring about flushed face (resistance of Yang by the exuberant Yin at the Interior, a grave case) and no pulse (pulse was not sensible).

In terms of modern medicine, Decoction of *Sini* syndrome is partly equivalent to "shock" caused by different reasons.

Decoction of *Sini* syndrome discussed in *Shanghan Lun* is repeatedly referred to the symptoms of Heat (fever) in the following clauses, which should be referred to in the study of the syndrome: Clauses 94, 387, 352, 376, 388, 228, 317 and 369. Therefore it is not difficult to understand that "fever" should be one of the principal symptoms of Decoction of *Sini* syndrome, though the decoction deals with a syndrome in Cold nature.

**CLAUSE 30**

Question: Symptoms seem to be a Decoction of Ramulus Cinnamomi syndrome (1). But when Decoction of Ramulus Cinnamomi is given, the syndrome becomes more acute. The patient has coldness in the extremities, suffers a parched throat, has leg spasms, and delirium. Master said that the patient's extremities would warm up and legs would return to normal at midnight. This actually happened. Why?

Master: The pulse under the fore-finger (*Cun Mai*) is floating and huge. Floating pulse signifies Wind (2), which has brought a light Heat. Huge pulse signifies Deficiency (3), which caused leg spasms. The syndrome resembles Decoction of Ramulus Cinnamomi syndrome, but it is really not. Thus Decoction of Cinnamomi adding Radix Aconiti Praeparata should be served to warm the Channels and rescue the Loss of Yang Vital Energy.

But the doctor prescribed Decoction of Ramulus Cinnamomi with doubled dosage of Ramulus Cinnamomi, which created perspiration and caused coldness in the extremities, a parched throat and restlessness. When the Heat of Greater Yang accumulates in the Interior, delirium and restlessness could happen. Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis should be adopted to rescue the Yang Vital Energy. When the Yang Vital Energy recovers at midnight, legs warm up consequently.

Then Decoction of Radix Paeoniae and Radix Glycyrrhizae could be adopted to disperse the leg spasms. Again Decoction of *Tiaowei Chengqi*, a purgative, is used to stop the delirium. That is the case (4).

**NOTES**

1. Decoction of Ramulus Cinnamomi syndrome: syndrome that can be treated by Decoction of Ramulus Cinnamomi. "Decoction of xx syndrome" will be used as a term in this book repeatedly.

2. Floating pulse signifies Wind. Wind here means "febrile disease caused by Wind."

3. Huge pulse signifies Deficiency: Deficiency here refers to "Deficiency at lower part of body (i.e. legs)."

4. This clause is an explanation of Clause 29 in question and answer form.

## PART II

## CLAUSE 31

Initial Yang syndrome: Decoction of Radix Puerariae will be a curative to the syndrome with the following symptoms and signs: stiffness in the back and neck, a fear of wind, but no perspiration (1).

## NOTES

1. Differentiation should be made between the following two types of febrile diseases caused by Wind:

a) Symptoms: stiffness in the back and neck, fear of wind and perspiration. This is febrile disease caused by Wind of the Exterior deficient type.

Remedy: Decoction of Ramulus Cinnamomi adding Radix Puerariae (Clause 14).

b) Symptoms: stiffness in the neck and back, fear of wind, but no perspiration. This is febrile disease caused by Wind of the Exterior excessive type.

Remedy: Decoction of Radix Puerariae as shown in this clause.

## Decoction of Radix Puerariae

(*Gegen Tang*):

Radix Puerariae	4 <i>liang</i>
Herba Ephedrae	3 <i>liang</i>
Ramulus Cinnamomi	2 <i>liang</i>
Radix Paeoniae	2 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.

Stew Herba Ephedrae and Radix Puerariae in one *dou* of water till eight *sheng* of water are left. Take out the foam and put the rest of the drugs into it, and then stew it till three *sheng* are left. Filter the decoction and take one *sheng* as a dose. Cover the patient to induce light perspiration. The same care should be given to the patient as with Decoction of Ramulus Cinnamomi.

*Explanation of the Prescription:* It is a prescription of Decoction of Ramulus Cinnamomi adding Radix Puerariae and Herba Ephedrae. Radix Puerariae, the main drug, with a sweet-taste and cool-quality, nourishes the tendons and blood vessels by producing Body Fluid and dispels the stiffness in the back and neck. As there is no perspiration, Herba Ephedrae is used to induce it. As Decoction of Ramulus Cinnamomi is the principal prescription of Initial Yang syndrome, which deals with the symptoms of fearing wind and floating pulse (but not tense and speedy pulse), it is therefore used as the main curative in this prescription.

*Acupuncture Points:* Fengmen (BL 12), Fengfu (DU 16), Dazhu (BL 11), Dazhu (DU 14).

TABLE 10. DIFFERENTIATION OF DECOCTION OF RADIX PUERARIAE (I), DECOCTION OF HERBA EPHEDRAE (II), AND DECOCTION OF RAMULUS CINNAMOMI ADDING RADIX PUERARIAE (III)

	Decoction I	Decoction II
Symptoms	Stiffness at the back and neck, aversion to wind, no perspiration	Headache, fever, lumbago and pain all over the body, joint pain, aversion to wind, asthma, no perspiration
Difference	No asthma with stiffness at the back and neck	With asthma, no stiffness at the back and neck

	Decoction I	Decoction III
Symptoms	Stiffness at the back and neck, aversion to wind, no perspiration	Stiffness at the back and neck, aversion to wind, perspiration
Difference	No perspiration	With perspiration

## CASES

### Case 1 (12 p. 21): Pain in Back and Shoulder

Male patient, 37, farmer, first treatment on September 8, 1957. The patient was suffering from pain in back and shoulders since last May and had to lie in bed, unable to turn his body freely. Having been treated by an acupuncturist, the disease was half healed, but when he suspended the treatment the pain became more acute. The pain in back and shoulders extended to the lumbar region. Normal movement was hampered. The patient was extremely emaciated, with yellow face and general fatigue. Pulse was slender and tongue coating was thin and white. No fever or aversion to cold was reported.

Treatment: Decoction of Radix Puerariae:

Radix Puerariae	9 grams
Herba Ephedrae	2 grams
Ramulus Cinnamomi	2 grams
Radix Paeoniae Alba	9 grams
Radix Glycyrrhizae	4.5 grams
Rhizoma Zingiberis Recens	9 grams
Fructus Ziziphi Jujubae	5 pcs.

After taking the above decoction for two doses, pain was reduced greatly. Prescribe the same prescription with additions:

Radix Puerariae	6 grams
Herba Ephedrae	2 grams
Ramulus Cinnamomi	2 grams
Radix Paeoniae Alba	9 grams
Rhizoma Atractylodis	4.5 grams
Radix Aconiti	2 grams
Rhizoma Zingiberis Recens	9 grams
Fructus Ziziphi Jujubae	5 pcs.

Great improvement was reported after taking two doses. Prescribe the same prescription with addition of Radix Angelicae Pubescentis for more doses.

#### Case 2 (12 p. 22): Deviation of Mouth and Eye

Male patient, 25, was hurt in an accident on his head three months ago while traveling on a bus. After the trauma, his right eye and right side of mouth deviated to one side and the left eye could not shut. Mouth watering came from the left side of mouth and he was unable to speak clearly.

Diagnosis: This was a case caused by trauma that had obstructed the normal function of the Greater Yang Channel.

Treatment: Prescribe Decoction of Radix Puerariae with additions:

Radix Puerariae	12 grams
Ramulus Cinnamomi	6 grams
Herba Ephedrae	9 grams
Rhizoma Zingiberis Recens	9 grams
Radix Glycyrrhizae Praeparata	6 grams
Radix Paeoniae Alba	6 grams
Fructus Ziziphi Jujubae	4 pcs.
Semen Persicae	9 grams
Radix Angelicae Sinensis	9 grams

After taking about 30 doses of the above decoction, the syndrome subsided completely.

#### Case 3 (26 p. 21): Meningitis and Encephalitis, Reported by *Jiangsu TCM Magazine*, 11:17, 1964

Decoction of Radix Puerariae is appropriate for certain syndromes of meningitis and encephalitis. Doctor Xu Liangpei cured 13 cases of epidemic encephalitis successfully with Decoction of Radix Puerariae. On average, the syndrome disappears after three days of treatment. One case, a male patient, 12, had the symptoms and signs of trismus and vomiting, coldness on extremities and tense pulse. The decoction was prescribed:

Herba Ephedrae  
 Ramulus Cinnamomi  
 Radix Puerariae  
 Rhizoma Zingib



Radix Glycyrrhizae  
 Rhizoma seu Radix Notopterygii  
 Rhizoma Ligustici  
 Exocarpium Citri Grandis

After taking one dose of the above decoction, there was a light perspiration and warmth all over the body and the pulse quietened down. After nine days of treatment the patient fully recovered.

Case 4 (21 p. 48): Trismus

Female patient, 18, suffered from trismus and despite trying her best could only open her mouth as wide as 2.5 cm. While she was trying she felt a severe pain. Diagnosis was made of "temporomandibular joint syndrome." Pulse was tight, tongue coating was yellow and white.

Diagnosis: The location of the ailment was a part traversed by the Stomach Channel of Foot Greater Yang. When it was invaded by pathogenetic factors, normal function was hampered, making it difficult to open the mouth.

Treatment: Decoction of Radix Puerariae with additions:

Radix Puerariae	8 qian
Gypsum Fibrosum	8 qian
Rhizoma Polygonati Odorati	3 qian
Cortex Moutan Radicis	3 qian
Radix Paeoniae Alba	3 qian
Ramulus Uncariae cum Uncis	3 qian
Radix Glycyrrhizae	1 qian

After taking the third dose, the patient could open her mouth half way and resumed normal movement after taking six doses. No recurrence was reported.

Case 5 (24 p. 17): Pain in Both Temples

Female patient, adult, was suffering from acute pain in both temples. Other symptoms and signs included: slight aversion to cold, parched mouth and floating-speedy pulse. The following drugs were prescribed:

Radix Puerariae	6 qian
Herba Ephedrae	2 qian
Ramulus Cinnamomi	2 qian
Radix Paeoniae Alba	3 qian
Radix Glycyrrhizae	1 qian
Radix Trichosanthis	4 qian
Fructus Ziziphi Jujubae	7 pcs.

At night, after taking the decoction there was a slight perspiration and the next morning the syndrome was gone.

## Case 6 (22 p. 30):

Male patient, 35, caught a cold and had headaches, and stiffness of the back without perspiration. After taking APC tablets there was perspiration and the other syndrome subsided a bit. The next day when the patient went to the doctor, the doctor thought the patient had a deficient Exterior condition and prescribed a decoction to disperse the pathogenesis and stabilize the Exterior. After taking one dose perspiration stopped. After taking the second dose the syndrome was aggravated, with acute stiffness of back and neck and uneasiness all over the body. This was caused by the obstruction of the Exterior that failed to let out perspiration. Decoction of Radix Puerariae was given:

Radix Puerariae	15 grams
Herba Ephedrae	3 grams
Ramulus Cinnamomi	6 grams
Radix Paeoniae Alba	9 grams
Radix Glycyrrhizae	3 grams
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	3 pcs.

After taking two doses there was mild perspiration and the syndrome was gone.

## Case 7 (22 p. 32): Asthma

Female patient, adult, suffered from acute asthma every autumn. She was suffering so much that she could not move her body normally. When the doctor saw the patient, she was sitting near a table and had been so for many days. When she tried to change the position and leaned back a bit, asthma and palpitation occurred making her very painful. While the disease was active the patient felt a severe stiffness from neck through to the end of the spine. Pain was aggravated when she tried to look back. She had been treated by another doctor who prescribed Pills of Eight Drugs (*Bawei Wan*, see Appendix to Chapter 5 of *Jinkui Yaolue Fanglun*). After taking several hundred *liang* of the pills, asthma was reported to have subsided a bit. Now the patient was given Decoction of Radix Puerariae. After taking five doses, the patient could move around freely and more doses were taken for a full recovery.

## Case 8 (22 p. 32): Diarrhea

Male patient, 12, had fever, aversion to cold, stiff neck and headache without perspiration, and diarrhea. Tongue coating was white. This was a case caused by ailment of both Initial Yang and Greater Yang Channels. Two doses of Decoction of Radix Puerariae drove away the syndrome:

Radix Puerariae	9 grams
Herba Ephedrae	3 grams
Ramulus Cinnamomi	4.5 grams
Radix Paeoniae Alba	4.5 grams
Radix Glycyrrhizae Praeparata	3 grams
Rhizoma Zingiberis recens	6 grams
Fructus Ziziphi Jujubae	5 pcs.

**CLAUSE 32**

Combination of syndromes (1) of Initial Yang and Greater Yang will surely bring diarrhea (2). Decoction of Radix Puerariae can be adopted as a remedy.

**NOTES**

1. Combination of syndromes (*Hebing*): symptom complex of two or more Channels appear at the same time.

2. When there is a fever but no perspiration, the Exterior pathogenetic factor cannot find its way out and therefore transmits into the Greater Yang Channel, and then sinks into the Large Intestine to cause diarrhea.

*Acupuncture Points*: Houxi (SI 3), Kunlun (BL 60), Yangxi (LI 5), Zusanli (ST 36).

**CLAUSE 33**

When the Combination of Initial Yang and Greater Yang syndromes do not cause diarrhea, but rather cause nausea and vomiting, prescribe Decoction of Radix Puerariae adding Rhizoma Pinelliae.

Decoction of Radix Puerariae adding Rhizoma Pinelliae  
(*Gegen Jia Banxia Tang*):

Radix Puerariae	4 <i>liang</i>
Herba Ephedrae	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Radix Paeoniae	2 <i>liang</i>
Ramulus Cinnamomi	2 <i>liang</i>
Rhizoma Zingiberis Recens	2 <i>liang</i>
Rhizoma Pinelliae	0.5 <i>sheng</i>
Fructus Ziziphi Jujubae	12 pcs.

Stew Radix Puerariae and Herba Ephedrae in one *dou* of water till eight *sheng* are left. Put the rest of the drugs in the decoction and stew it till three *sheng* are left. Filter the decoction and take one *sheng* when lukewarm. Cover the patient to induce a light perspiration.

*Explanation of the Prescription*: Decoction of Radix Puerariae dispels the Exterior syndrome in the muscle by perspiration. Rhizoma Pinelliae is used to bring down the adverse gas of the Stomach so as to stop nausea and vomiting.

*Acupuncture Points:* Zhiyang (DU 9), Fengmen (BL 12), Hegu (LI 4), Shangjuxu (ST 37).

### CLAUSE 34

Decoction of Ramulus Cinnamomi syndrome under the Initial Yang Channel: A dose of purgative will cause continuous diarrhea. Irregular-speedy pulse will be proof of the nonsubsidence of the Exterior syndrome. When asthma and perspiration are observed, Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis can be adopted as the remedy (1).

### NOTES

1. Yu Chang: A purgative should not be adopted for the Initial Yang syndrome. Decoction of Ramulus Cinnamomi should be used to dispel the Exterior syndrome. When a purgative is given, pathogenetic Heat at the Exterior transmits into the Interior of the Greater Yang Channel as it ought to transmit into the Exterior of the Greater Yang Channel (according to the order of transmission). That is why the following symptoms and signs appear: irregular-speedy pulse and perspiration. When the Heat pathogenetic factor ascends upward, it brings asthma. While it is descending, diarrhea is caused. In such a case, Decoction of Ramulus Cinnamomi cannot be adopted. Radix Puerariae is used to deal with the Exterior syndrome of Greater Yang; Radix Scutellariae and Rhizoma Coptidis are used to eliminate Interior Heat. When Interior Heat is done away with, asthma and diarrhea will be gone, though no curative for asthma and diarrhea is used. This therapy disperses the Interior and Exterior pathological conditions from both the Initial Yang and Greater Yang Channels.

Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis  
(*Gegen Huangqin Huanglian Tang*):

Radix Puerariae	0.5 jin
Radi Glycyrrhizae Praeparata	2 liang
Radix Scutellariae	2 liang
Rhizoma Coptidis	3 liang

Stew Radix Puerariae in eight *sheng* of water till six *sheng* are left. Put the rest of the herbs in the decoction and stew it till two *sheng* are left. Filter the decoction and take two doses of one *sheng* each.

*Explanation of the Prescription:* Adoption of purgative to Decoction of Ramulus Cinnamomi syndrome will be a malpractice that brings the Exterior pathogenetic factor penetrating into the Interior, causing a Heat-diarrhea. Radix Puerariae, the main herb in the decoction, has the function of reducing the Heat and stopping the diarrhea. Radix Scutellariae and Rhizoma Coptidis reduce the Interior Heat. Once the Interior Heat is eliminated, the syndrome disappears. Both this decoction and Decoction of Radix

Puerariae are prescriptions for simultaneous elimination of Interior and Exterior syndromes.

TABLE 11. COMPARISON OF DECOCTION OF RADIX PUERARIAE (I), AND DECOCTION OF RADIX PUERARIAE, RADIX SCUTELLARIAE AND RHIZOMA COPTIDIS (II)

	Decoction (I)	Decoction (II)
Symptoms	Fever, aversion to cold, no perspiration, diarrhea	Fever, asthma, perspiration, diarrhea
Pathology	Pathogenetic factors at the Exterior invade the Large Intestine.	Pathogenetic factors have already transmitted into the Interior. Interior Heat is intermingled with abnormal ascending of gas.
Treatment	To dispel the pathogenetic factors at the Exterior	To eliminate the Interior Heat
Remarks	No Interior Heat. Pulse is pale and urine clean.	Interior Heat is excessive. Tongue coating is yellow, bitterness in mouth and reddish urine.

TABLE 12. COMPARISON OF ASTHMA TREATED BY DECOCTION OF RADIX PUERARIAE, RADIX SCUTELLARIAE AND RHIZOMA COPTIDIS (CLAUSE 34) (I), DECOCTION OF HERBA EPHEDRAE, SEMEN ARMENIACAE AMARUM, GYPSUM FIBROSUM AND RADIX GLYCYRRHIZAE (CLAUSE 63) (II), AND DECOCTION OF HERBA EPHEDRAE (CLAUSE 35) (III)

	Decoction (I)	Decoction (II)	Decoction (III)
Causes	Pathogenetic factors sink into the Interior owing to malpractice by purgative	After perspiration or after purgative was adopted	Pathogenetic Cold and Wind resting at the Exterior
Pathology	Interior Heat intermingled with abnormal ascending gas	Remaining Heat attacks the Lung	Stagnation and pent-up of Lung Vital Energy
Main difference	Diarrhea, asthma and perspiration	Perspiration and asthma, no diarrhea	No perspiration, no diarrhea, asthma
Treatment	Eliminate Interior Heat	Ventilate Lung and eliminate Heat	Dispel Exterior syndrome

*Acupuncture Points:* Dazhu (BL 11), Fengmen (BL 12), Feishu (BL 13), Jinggu (BL 64).

## CASES

Case 1 (26 p. 62): Case Studies Carried out by the Fujian Provincial Hospital in 1977

Two hundred and sixty-one cases of diarrhea which occurred in autumn were studied. Thirty-six cases were treated with Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis. Cure rate was 100 percent. On average, 3.4 days were needed for the fever to subside, and 2.7 days for the subsidence of diarrhea. Example: Male baby, 9 months, had been suffering from diarrhea for a whole day and was retained in hospital. White and watery stool accompanied by vomiting was observed. Temperature was 39 °C, with slight dehydration. The patient was given Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis with additions. Diarrhea subsided on the fourth day.

Case 2 (26 p. 62): Case Studies Reported by *Harbin TCM Magazine*, 3:8, 1966, Physician: Wang Zhimin

All patients in the 87 cases of diarrhea fully recovered after being treated with Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis subtracting Radix Glycyrrhizae adding Flos Lonicerae, etc. Symptoms and signs of most of the patients included fever, aversion to cold, headache, abdominal pain, diarrhea, intestinal booming sound, bad appetite, body uneasiness, scant, red urine. Some of them also had thirst, stuffy chest, nausea, or vomiting, white/yellow and thin tongue coating. Pathology: Most of the patients had a history of taking unclean food, exposure to rain or exposure of abdomen at night.

Case 3 (26 p. 62): Acute Bacillary Dysentery, Reported by *Jiangsu TCM Magazine*, 5:33, 1960

Forty cases of acute bacillary dysentery were studied: Among them, 38 cases were dysentery with frequent stool containing blood and mucus; 39 cases were with tenesmus and all the 40 cases were with abdominal pain; 34 cases were with fever. Most of the cases had an abrupt onset, aversion to cold and fever, yellow and/or white tongue coating and speedy pulse. One dose of Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis was given to each of the patients. Course of treatment varied from 2 days to 12 days. 36 cases out of the 40 cases were healed: 27.76 hours were needed for the subsidence of fever; control of acute symptoms required 3.44 days. Blood and mucus disappeared from the stool after 2.83 days on average.

Case 4 (26 p. 27): Infantile Paralysis

According to a report in *Jilin Weisheng (Public Health)*, 2:54, 1959, the following prescription is efficient in treating infantile paralysis:

Radix Puerariae	12 grams
Gypsum Fibrosum	18 grams
Radix Scutellariae	9 grams
Flos Lonicerae	12 grams

Scolopendra	3 grams
Scorpio	3 grams
Radix Paeoniae	12 grams
Rhizoma Coptidis	4.5 grams
Radix Glycyrrhizae	9 grams

#### Case 5 (17 p. 59): Acute Gastroenteritis and Diarrhea

Female patient, 30, was brought to the hospital for urgent treatment of abdominal pain. The night before, the patient had had some spoiled food and experienced abdominal pain late at night. The next morning she vomited twice with serious nausea and vomited watery liquid. Stool of yellow, smelly, watery substance occurred six times. There had been paroxysmal gastric and epigastric pains. At noon fever, aversion to cold, headache, pain all over the body occurred. No perspiration, no coughing were reported. Tongue coating was thin and white. Pulse rate was 96/min. This was a case of diarrhea caused by indigestion complicated with Interior stagnant Heat. Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis with additions was prescribed:

Radix Puerariae	12 grams
Radix Scutellariae	10 grams
Rhizoma Coptidis	10 grams
Radix Glycyrrhizae	6 grams
Flos Lonicerae	12 grams
Fructus Forsythiae	12 grams

Stew two doses of the above decoction and divide the medicine into four equal parts and serve the patient one part every six hours. After taking the medicine, the patient had four smelly stools within 24 hours. Another three doses were given (with additions and subtractions) to bring about a full recovery.

#### Case 6 (17 p. 59): Diarrhea Caused by Indigestion

Female patient, 64, was suffering from stomachache as she had eaten some cold boiled eggs. Diarrhea occurred five to six times a day. No blood or mucus was found in the stool. The patient had pain in the lower abdomen, bad appetite, insomnia, and fever (37.4 °C) with perspiration. Tongue was clean (no coating). Pulse was deep-weak. Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis with additions was given:

Radix Puerariae	12 grams
Radix Scutellariae	10 grams
Rhizoma Coptidis	6 grams
Radix Glycyrrhizae	6 grams
Ramulus Cinnamomi	6 grams
Rhizoma Zingiberis Recens	10 grams
Fructus Ziziphi Jujubae	4 pcs.
Fructus Crataegi Praeparata	10 grams

Fructus Hordei Germinatus Praeparata	10 grams
Medicated Leaven Praeparata	10 grams

After taking one dose of the above decoction diarrhea stopped. Another two doses were given to bring about a full recovery.

Case 7 (13 p. 128): Fever and Diarrhea

Female patient, 10, had a fever (39-40 °C) and cough for a whole week. Penicillin and streptomycin injections had been given and defervescent was given to bring down the fever. They worked temporarily but the temperature never dropped below 38.5 °C. The patient developed diarrhea, low spirit, and thin, white and slightly yellow tongue coating and speedy pulse. This was a case with both Exterior and Interior syndromes. Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis with additions was prescribed:

Radix Puerariae  
 Radix Scutellariae  
 Rhizoma Coptidis  
 Radix Glycyrrhizae  
 Semen Armeniacae Amarum  
 Folium Perillae  
 Radix Peucedani  
 Radix Ophiopogonis

After taking one dose of the decoction there was a slight perspiration and temperature dropped to 37.5 °C. Coughing subsided greatly. Another dose was given. Two doses of decoction working as a harmonization and elimination of Heat were given to bring about a full recovery.

Case 8 (13 p. 128): Diarrhea Caused by Indigestion

Male baby, 1 year, had a fever, vomiting and diarrhea for four days. Diarrhea occurred more than 10 times a day, with watery stool mixed with undigested milk pieces. The patient also had vomiting and thirst. Temperature was 38 °C and pulse was 120/min. Diagnosis made by Western medicine suggested a case of indigestion with dehydration. According to TCM, it was a case of diarrhea caused by excessive Heat. The following prescription was given:

Radix Puerariae  
 Radix Scutellariae  
 Rhizoma Coptidis  
 Radix Glycyrrhizae

adding:

Poria  
 Fructus Mume  
 Rhizoma Atractylodis Macrocephalae  
 Rhizoma Alismatis



After taking one dose of the above decoction, diarrhea subsided greatly and vomiting stopped. After the second dose the syndrome was gone.

Case 9 (23 p. 96): Infantile Diarrhea, Reported by *Fujian TCM Magazine*, 4:18, 1964, Physician: Deng Qiyuan

Using Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis with additions, Doctor Deng had cured 98 cases of infantile diarrhea with fever (39 °C and higher):

Radix Puerariae  
Radix Scutellariae  
Rhizoma Coptidis  
Radix Glycyrrhizae

adding:

Talcum  
Herba Plantaginis, etc.

Case 10 (11 p. 452): Diarrhea During Measles

A baby with measles had diarrhea with smelly stools 20 times a day. Tongue was red and purple with thick and greasy coating. The patient also had parched lips, red eyes, speedy pulse and insomnia. Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis with additions was prescribed:

Radix Puerariae	6 <i>qian</i>
Rhizoma Coptidis	1 <i>qian</i>
Rhizoma Dioscoreae	5 <i>qian</i>
Radix Glycyrrhizae	2 <i>qian</i>
Radix Scutellariae	2 <i>qian</i>
Radix Trichosanthis	6 <i>qian</i>
Rhizoma Cimicifugae	1.5 <i>qian</i>

This prescription was also appropriate for diarrhea after the patient recovered from measles.

*Summary:* Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis syndrome generally has the symptoms and signs of fever, perspiration, diarrhea, speedy pulse and asthma. Fever and speedy pulse indicate the existence of pathogenetic factors resting at the Exterior. When pathogenetic Heat sinks into the Interior it will vaporize the Lung, which will bring about asthma. When it vaporizes at the Exterior, it is perspiration. When the Heat sinks into the Greater Yang Channel diarrhea is caused.

In accordance with the original text in *Shanghan Lun* and the ingredients in the prescription, the main symptom is diarrhea of Heat nature, which includes syndromes of diarrhea accompanied by fever. In terms of Western medicine, this is equivalent to acute gastroenteritis, bacillary dysentery, etc. The digestive tract, the Large and Small Intestine in particular, is the focus. Cause of the disease is mainly bacteria and their toxin, but

not necessarily the result of the malpractice of purgatives. This prescription is widely used in clinical practice.

### CLAUSE 35

Initial Yang syndrome: Decoction of Herba Ephedrae suits the syndrome with the following symptoms and signs — headache and fever, lumbago, arthralgia and general aching, asthma, and a fear of wind without perspiration (1).

### NOTES

1. Cheng Yingmao: Headache and fever are common manifestations of the Initial Yang syndrome. Lumbago, arthralgia and general aching are symptoms caused by the impairment of the Nutrient Essence when the Cold pathogenetic factor prevails. There will be no such symptoms when the case is caused by impairment of the Wind pathogenetic factor to the Vital Resistance. Fear of wind is a common symptom of the Initial Yang syndrome. But asthma with no perspiration in this case shows that the Yang Vital Energy cannot move normally, because it is under strain. Differentiation should be made carefully.

Decoction of Herba Ephedrae  
(*Mahuang Tang*):

Herba Ephedrae	3 <i>liang</i>
Ramulus Cinnamomi	2 <i>liang</i>
Radix Glycyrrhizae Praeparata	1 <i>liang</i>
Semen Armeniacae Amarum	70 pcs.

Stew Herba Ephedrae in nine *sheng* of water till seven *sheng* are left. Then put the rest of the drugs in the decoction and stew it till 2.5 *sheng* remain. Filter the decoction and take eight *ge* as a dose. Cover the patient to induce light perspiration. There is no need to take porridge. The same care should be given to the patient as in the case of Decoction of Ramulus Cinnamomi.

*Explanation of the Prescription:* This is a principal prescription for febrile disease caused by Cold in the Initial Yang Channel with tense pulse and Exterior Cold pathogenetic factor, but without perspiration. Herba Ephedrae dispels the Cold and Wind from the Exterior by perspiration and eases asthma by treating the unfavorable balance of the Vital Energy of the Lung. Ramulus Cinnamomi dispels the pathogenetic factor from the Nutrient Essence. Semen Armeniacae Amarum brings down the abnormal ascending air and facilitates the Lung function. Radix Glycyrrhizae Praeparata harmonizes the decoction. When the two herbs of Ramulus Cinnamomi and Herba Ephedrae are in one decoction, they turn into a strong diaphoretic.

Wang Kentang: This prescription is applicable to those whose Body Resistance and Vital Energy are not in a deficient state.

*Acupuncture Points:* Dazhu (BL 11), Fengmen (BL 12), Feishu (BL 13), Jinggu (BL 64).

## CASES

### Case 1 (11 p. 457)

Mr. Fan had been suffering from febrile disease caused by Cold for six or seven days. He had fever and aversion to cold, asthma, no perspiration, pains over head, neck, waist and spine. Pulse on both wrists was floating-tense. This was a case suitable for treatment with Decoction of *Herba Ephedrae*:

<i>Herba Ephedrae</i>	1 <i>qian</i>
<i>Ramulus Cinnamomi</i>	1 <i>qian</i>
<i>Radix Glycyrrhizae</i>	8 <i>fen</i>
<i>Semen Armeniacae Amarum</i>	3 <i>qian</i>

### Case 2 (18 p. 76): Influenza, Physician: Yue Meizhong

In the early autumn of 1972, an influenza was spreading among the young workers in Shangzhuang Coal Mine in Fengcheng. Most of the patients were young miners with strong builds. As a rule, most of them had an abrupt onset, with symptoms and signs of fever and aversion to cold; some of them only felt cold, some of them had both fever and cold. Temperature might reach 40 °C or even higher in some cases. Headache, body pain and strain, sneezing and stuffy nose, no perspiration, thin, white/yellow tongue coating, pulse floating-tense or speedy, coughing or vomiting and nausea were also reported. Various treatments had been tried. Finally Decoction of *Herba Ephedrae* was given:

<i>Herba Ephedrae</i>	9 grams
<i>Ramulus Cinnamomi</i>	9 grams
<i>Semen Armeniacae Amarum</i>	9 grams
<i>Radix Glycyrrhizae</i>	6 grams

Generally, after taking two doses, patients had a thorough perspiration and the syndrome was gone.

### Case 3 (18 p. 76): Tracheitis, Bronchitis

According to "*Leiju Fang Guangyi*," Decoction of *Herba Ephedrae* is good for asthma and coughing with profuse spitting of phlegm, inability to speak, uneasiness in moving one's body, fever and aversion to cold, cold sweat that looks oily. At present, Decoction of *Herba Ephedrae* adding *Rhizoma Zingiberis Recens* and *Rhizoma Pinelliae* is used to treat cases of chronic tracheitis and bronchitis with asthma, aversion to cold, no perspiration, coughing with spitting of phlegm, white tongue coating and tense pulse. According to specific cases additions and subtractions are made.

Case 4 (12 p. 26): Case Recorded in "*Gufang Yi'an Xuanbian*"

Mr. Chen, in his sixties, walked a whole day in the snow and storm. When he got home he covered himself with a quilt saying that he had a severe headache that made him unable to move round, and contraction of legs that made him unable to stand on his feet. The doctor examined the patient and found that his pulse was tense and mighty; there was fever but no perspiration. This was a typical febrile disease caused by Cold. Decoction of *Herba Ephedrae* was given to obtain a perspiration. Right after taking the decoction, there was a perspiration and the pain and contraction greatly subsided. As the patient had not been enjoying good health generally, Decoction of *Ramulus Cinnamomi Xinjia*\* was given. After taking four doses of the decoction, pain was further reduced and appetite improved. After one month of treatment and care the patient could resume his business.

\*Decoction of *Ramulus Cinnamomi Xinjia* (ingredients: *Ramulus Cinnamomi*, *Radix Paeoniae*, *Radix Glycyrrhizae Praeparata*, *Radix Ginseng*, *Fructus Ziziphi Jujubae*, *Rhizoma Zingiberis Recens*), see Clause 62.

Case 5 (12 p. 28): Case Recorded in "*Zhiyan Huayi Lu*"

Mr. Wang, a ducker, was tending his ducks in the field in cold wind and snow and rain for many days. One day, he returned home and felt uncomfortable, mistakenly he drank a big bowl of cold tea. That night he developed a fever and fear of cold. He also had a cough with hoarse voice and then lost his voice. The doctor diagnosed the patient and found out that the case was caused by the invasion of pathogenetic Cold over the Lung, which made the latter unable to circulate its Vital Energy normally. Pulse was floating-tense, with no tongue coating. There was body pain without perspiration. Treatment should be directed to ventilate the pent-up Lung Vital Energy. Once the Lung resumed its function, the patient would be able to speak again. Decoction of *Herba Ephedrae* was given to disperse the Exterior syndrome and harmonize the Lung Vital Energy:

<i>Herba Ephedrae</i>	9 grams
<i>Ramulus Cinnamomi</i>	6 grams
<i>Semen Armeniacae Amarum</i>	6 grams
<i>Radix Glycyrrhizae</i>	3 grams

After taking the decoction the patient was covered with a thick quilt to bring about perspiration. The next day the patient resumed speaking, but he still had coughing with sputum and slight chest distention. The second prescription was given:

<i>Herba Ephedrae</i>	4.5 grams
<i>Semen Armeniacae Amarum</i>	6 grams
<i>Radix Glycyrrhizae</i>	3 grams
<i>Bulbus Fritillariae Thunbergii</i>	6 grams
<i>Radix Platycodi</i>	6 grams
<i>Semen Cardamomi Rotundi</i>	3 grams
<i>Herba Asari</i>	1.5 grams

After taking two doses of the decoction the patient fully recovered his speech.

Case 6 (12 p. 29): Urticaria

Mr. Chen was walking in the countryside one winter morning when he suddenly developed itching all over the body. A skin rash appeared on the chest and back and extremities. The rash came and went. Injection of chlorpheniramine and calcium was given but without effect. After four or five days the patient went to a TCM doctor, who gave the patient Decoction of Herba Spirodelae, but to no avail. The patient was examined again. The doctor found out that the pulse was slow, the extremities cold and it was obvious that the cause of disease was the invasion of pathogenetic Cold at the Exterior. Therefore, Decoction of Herba Ephedrae was given. After two doses the skin rash was gone and no recurrence was reported.

Pathology: This was a case caused by the invasion of pathogenetic Cold that had obstructed the normal circulation of the Vital Energy and close-up of Body Resistance and stagnation of the Nutrient Essence. Itching and skin rash was the reflection of such a pent-up condition. Decoction of Herba Ephedrae was given to disperse the Cold and open the stagnant skin, enabling the pathogenetic factors to leak out from the Exterior.

Case 7 (24 p. 12): Edema, Case Recorded in "*Jingfang Shiyao Lu*"

A pregnant woman had edema over the head and the extremities. Decoction of Herba Ephedrae with additions was given which reduced the edema after one dose. Several doses with additions and subtractions were adopted and the edema disappeared completely after a few days.

Case 8 (22 p. 27):

Male patient, 68, was exposed to wind and cold while he was extremely tired from his work. He developed fever, headache, pain over all the joints without perspiration. When this lasted for two or three days, he was given tablets of terramycin, but the syndrome continued. When the patient was taken to the TCM doctor, he was examined and had the symptoms and signs of fever and slight asthma with breathing sound, no perspiration, floating-tense and speedy pulse, and thin, white tongue coating. The patient also reported that he was suffering from acute pain in all the joints. This was obviously Decoction of Herba Ephedrae syndrome, but the patient was old and might not sustain such an acute diaphoretic. The physician decided to give Decoction of Herba Ephedrae to the patient and instructed the patient's son to closely observe and report to the physician in case of any complications. The prescription was given as follows:

Herba Ephedrae	6 grams
Ramulus Cinnamomi	6 grams
Semen Armeniacae Amarum	9 grams
Radix Glycyrrhizae	3 grams

Several days later his son came to express his thanks to the physician, saying that after taking two doses of the above decoction the syndrome was gone and his father was well again.

## Case 9 (22 p. 28): Difficult Labor

A case of difficult labor had been treated by various oxytocics, but to no avail. A TCM doctor was sent for, and found that she was feverish without perspiration, and had a stiff and painful neck, back and spine and headache. This was a case of febrile disease caused by Cold of the Initial Yang Channel that had hampered the normal function of Nutrient Essence, which should be treated by Decoction of *Herba Ephedrae*. A big dose was given and the patient was covered warmly to obtain a perspiration. After having a perspiration the fever dropped and the patient asked for something to eat. Afterwards, the baby was delivered smoothly. This was an example of treating the disease to facilitate the delivery, a superior art of healing.

## Case 10 (22 p. 28): Chronic Fever

Female patient, 24, first treatment on March 1, 1979. In the recent three years, the patient had suffered from intermittent low fever. In March 1976 the patient had a cold with fever. Chinese medicine for treating cold and tetracycline had been adopted. Later there were repeated attacks of tonsillitis. The patient reported to the doctor that she always had fever, aversion to cold and joint pain. Her temperature varied from 37.4 °C to 38 °C or higher. After an injection of kanamycin, the fever dropped to normal and then intermittent fever recurred, lasting for a long time. Since the beginning of 1978, there had been two fevers daily at about 37.5 °C, but the cause of fever had never been determined. When she went to the TCM doctor she was diagnosed as having low fever, aversion to cold, no perspiration, normal complexion, light red lips, red and purple tongue with yellow tongue coating and white coating on the tip. Coating was greasy. Pulse was a bit floating-tense. The patient also reported pain over both knee joints. Temperature was 37.4 °C.

Diagnosis: This was a case of febrile disease caused by Cold of the Initial Yang Channel with Exterior Excess. Diaphoretic should be given to disperse the pathogenesis at the Exterior. Decoction of *Herba Ephedrae* was prescribed:

<i>Herba Ephedrae</i>	10 grams
<i>Ramulus Cinnamomi</i>	6 grams
<i>Radix Glycyrrhizae</i>	18 grams
<i>Semen Armeniacae Amarum</i> (two doses)	15 grams

Second treatment (March 3): After taking two doses of the above decoction there had been a slight perspiration, and a great subsidence of aversion to cold. The purple color on the tongue faded a lot. The coating was white and slippery but slightly yellow at the root. Pulse was slender-weak and slightly moderate. Low fever continued. Syndrome still rested on the Initial Yang Channel, but the above symptoms and signs suggested the disharmony of *Ying* and *Wei*. Therefore, Decoction of *Ramulus Cinnamomi* with additions was prescribed to harmonize the *Ying* and *Wei*:

<i>Ramulus Cinnamomi</i>	10 grams
<i>Radix Paeoniae</i>	10 grams
<i>Radix Glycyrrhizae Praeparata</i>	6 grams

Rhizoma Zingiberis Recens	60 grams*
Radix Cynanchi Atrati	12 grams
Fructus Ziziphi Jujubae (three doses)	10 pcs.

\* Dosage is doubtful.

Third treatment (March 8): After taking three doses of the above decoction, fever dropped to normal (36.7 °C). Pain over the knee joints subsided greatly. A slight vertigo and dreams at night were reported. More doses of harmonization of *Ying* and *Wei* were given.

On July 17 the doctor visited the patient again, and was informed that after taking the last three doses there had not been a fever.

### CLAUSE 36

Combination of syndromes of Initial Yang and Greater Yang: Decoction of *Herba Ephedrae*, but not a purgative, should be adopted to treat the patient when he suffers asthma and a full chest (1).

#### NOTES

1. Asthma and a full chest are caused by the presence of the Exterior pathogenetic factor on the Lung. When *Herba Ephedrae* and *Semen Armeniacae Amarum* are used together, they have the function of dredging the Vital Energy of the Lung and bringing down the feeling of adversity.

*Acupuncture Points*: Feishu (BL 13), Fengmen (BL 12), Neiguan (PC 6), Yangchi (SJ 4).

### CLAUSE 37

Initial Yang syndrome: After approximately ten days, if the patient has floating and slender pulse (1) and prefers lying in bed (2), then his Exterior syndrome has gone. when he feels a costal pain and full in the chest, Decoction of Lesser *Radix Bupleuri* would be a suitable remedy. In case the pulse is merely floating, Decoction of *Herba Ephedrae* can be served (3).

#### NOTES

1. Slender pulse: A bit stronger than feeble pulse, soft and weak, like a silk thread.

2. There are two mentionings of "preferring lying in bed" in this book (Clause 37 and Clause 281). Differentiation should be made carefully.

TABLE 13. COMPARISON OF TWO MENTIONINGS OF  
"PREFERRING LYING IN BED" IN CLAUSE 37 AND CLAUSE 281

	Symptoms & pulse	Pathology
Clause 37	Pulse floating and slender, preference of lying in bed	Floating and slender pulse indicates the subsidence of pathogenetic factors and the weary state of Body Resistance. Preference of lying in bed shows the peaceful state of mind and the need to have a good rest.
Clause 281	Pulse feeble and slender, tendency to sleep	Feeble and slender pulse indicates the evanescence of Yang Vital Energy. Tendency to sleep shows the depressed spiritual condition and a state of being half wake and half asleep, a state representing the invasion of pathogenetic factors into the Interior.

3. Floating pulse indicates that the pathological condition is still at the Exterior. But other Decoction of Herba Ephedrae syndromes should also be observed when the decoction is to be served.

Decoction of Lesser Radix Bupleuri  
(*Xiao Chaihu Tang*):

Radix Bupleuri	0.5 <i>jīn</i>
Radix Scutellariae	3 <i>liang</i>
Radix Ginseng	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	3 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.
Rhizoma Pinelliae	0.5 <i>sheng</i>

Stew the above seven drugs in one *dou* and two *sheng* of water till six *sheng* are left. Filter the decoction and stew it again till three *sheng* are left. Take three doses a day with a one *sheng* decoction constituting a dose.

*Explanation of the Prescription:* See explanation under Clause 96.

*Acupuncture Points:* Qiuxu (GB 40), Huizong (SJ 7).



### CLAUSE 38

Febrile disease caused by Wind of the Initial Yang Channel: Pulse floating and tense, fever and chill, and a general ache and restlessness without perspiration are the symptoms and signs of the syndrome for which Decoction of Greater *Qinglong* is suitable.

But do not prescribe the decoction when the pulse is feeble and weak (1), with perspiration and fear of wind. If it were given, the patient would have spasms and feel cold in the extremities. That would result in an adverse case.

### NOTES

1. A feeble and weak pulse signifies an Interior Deficiency, and perspiration signifies an Exterior Deficiency. When it is deficient both at the Interior and the Exterior, Decoction of Greater *Qinglong*, a strong diaphoretic with pungent-taste and cold-quality which also has the function of eliminating Interior Heat, is obviously not suitable in the case.

Decoction of Greater *Qinglong*  
(*Da Qinglong Tang*):

Herba Ephedrae	6 <i>liang</i>
Ramulus Cinnamomi	2 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Semen Armeniacae Amarum	40 pcs.
Rhizoma Zingiberis Recens	3 <i>liang</i>
Fructus Ziziphi Jujubae	10 pcs.
Gypsum Fibrosum (as big as an egg, break into small pieces)	

Stew Herba Ephedrae in nine *sheng* of water till seven *sheng* are left. Put the rest of the drugs into the decoction and stew it till three *sheng* are left. Take one *sheng* when lukewarm. A light perspiration is suitable. If there is profuse perspiration, absorb the sweat with *Wenfen* Powder.\* When perspiration results after one dose, stop taking the rest decoction. If more decoction is taken, there will be profuse perspiration, which will cause Loss of Yang Vital Energy, a fear of wind, restlessness and insomnia.

\**Wenfen* Powder: According to *Prescriptions Worth a Thousand Gold (Qianjin Yaofang)* by Sun Simiao of the Tang dynasty, *Wenfen* Powder is a mixture of the powders of Os Draconis Ustem, Concha Ostreae Usta, Radix Astragali and Semen Oryzae Nonglutinosae. Whether Sun's *Wenfen* Powder is that which is mentioned in this clause cannot be determined.

*Explanation of the Prescription:* The symptoms and signs of Decoction of Greater *Qinglong* syndrome are a tense pulse, restlessness, and no perspiration. This is because

there is not only an Exterior pathogenetic factor but also a condensed Interior Heat. Therefore *Herba Ephedrae* and *Ramulus Cinnamomi* are used to dispel the Cold and Wind at the Exterior. *Gypsum Fibrosum* eliminates the Interior Heat, so that the Interior and Exterior syndromes are catered to simultaneously. *Semen Armeniacae Amarum* brings down the abnormal ascending air (which causes restlessness), *Radix Glycyrrhizae Praeparata* harmonizes the Interior, and *Rhizoma Zingiberis Recens* and *Fructus Ziziphi Jujubae* bring the Vital Resistance and the Nutrient Essence into harmony.

Yu Chang: If Decoction of Greater *Qinglong* is a curative for the Initial Yang syndrome without perspiration, then what will be the difference between Decoction of Greater *Qinglong* and Decoction of *Herba Ephedrae*? The difference is that Decoction of Greater *Qinglong* syndrome bears the symptom of restlessness.

Cheng Yingmao: It is not correct to say that this decoction is for the syndrome with the symptom of restlessness. To be accurate, it is a decoction for the syndrome with symptoms and signs of restlessness, but without perspiration. In a case with symptoms and signs of a weak pulse, perspiration, and a fear of wind, even if restlessness is observed, Decoction of Greater *Qinglong* cannot be adopted, as that would be a syndrome of the Loss of Yang of the Lesser Yin Channel.

According to (11 p. 463), the three decoctions of *Ramulus Cinnamomi*, *Herba Ephedrae*, and Greater *Qinglong* are the principal curatives of the Initial Yang syndrome. The following comparison is helpful in differentiating the difference:

TABLE 14. DIFFERENTIATION OF DECOCTION OF RAMULUS CINNAMOMI (I), DECOCTION OF HERBA EPHEDRAE (II), AND DECOCTION OF GREATER QINGLONG (III)

	Pathology	Symptoms and pulse
Decoction I	Invasion of pathogenetic Wind damaging the Vital Resistance	Moderate pulse, with perspiration
Decoction II	Invasion of pathogenetic Cold damaging the Nutrient Essence	Tense pulse, without perspiration
Decoction III	Invasion of pathogenetic Wind and Cold damaging both the Vital Resistance and the Nutrient Essence	Tense pulse, without perspiration and restlessness

*Acupuncture Points:* Jinmen (BL 63), Dazhui (DU 14), Hegu (LI 4), Waiguan (SJ 5).

## CASES

Case 1 (11 p. 467): Case Recorded in "*Mingyi Lei'an*"

Mr. He, an armyman, was having febrile disease caused by Cold, with floating hesitant and tense pulse. Doctor Xu Shuwei said: "If the patient has headache, fever, aversion to wind and without perspiration, it will be a Decoction of Herba Ephedrae syndrome. If restlessness is also observed, it is then a Decoction of Greater *Qinglong* syndrome." The patient reported that he had a serious restlessness. So Decoction of Greater *Qinglong* was given. After taking three doses, a perspiration resulted, the syndrome was thus gone.

Case 2 (18 p. 109):

Male patient, 36, had had aversion to cold and intermittent high fever (39.5 °C), for about three months. The patient had no perspiration, but was extremely restless, and had headache and pain all over the body. Pulse was floating and speedy, tongue coating was thin and white. Decoction of Greater *Qinglong* with additions and subtractions was prescribed:

Herba Ephedrae	4.5 grams
Ramulus Cinnamomi	4.5 grams
Semen Armeniacae Amarum	9 grams
Gypsum Fibrosum	30 grams
Radix Glycyrrhizae	3 grams
Caulis Bambusae in Taeniam	4.5 grams
Folium Bambusae	30 pcs.
Rhizoma Phragmitis Recens	2 feet long

After taking one dose of the above decoction, fever and aversion to cold subsided, but the patient began to cough. The second prescription was given as follows:

Semen Armeniacae Amarum	9 grams
Gypsum Fibrosum	30 grams
Radix Glycyrrhizae	3 grams
Caulis Bambusae in Taeniam	4.5 grams
Folium Bambusae	30 pcs.
Rhizoma Phragmitis Recens	2 feet long
Radix Platycodi	4.5 grams
Folium Mori	4.5 grams

After taking one dose the syndrome was all gone.

Case 3 (18 p. 110): Pneumonia

Male patient, 37, had a cold with coughing. The ailment developed into pneumonia. Symptoms and signs included dyspnea, chest pain, coughing with bloody sputum. The patient was treated by Western medicine with injections for two weeks, but the syndrome did not subside. The patient had a fever which did not subside at night and delirium was reported. The doctor suggested using ice compress, but the patient refused.

After leaving the hospital, the patient went to Doctor Ye Juquan, who diagnosed the patient: High fever, no perspiration, body pain, flushed face and cheeks, restlessness, asthma and coughing, dyspnea, costal pain and tight and tense pulse were the symptoms and signs. Decoction of Greater *Qinglong* adding *Succus Bambosae* was prescribed. After taking the decoction, the patient had a profuse perspiration at night and a loose bowel movement. All the symptoms were gone.

Case 4 (18 p. 111): Case Recorded in “*Shengshengtang Zhiyan*”

A female patient had edema and abdominal distention after child-birth. Dysuria, difficulty in making stool and bad appetite were also reported. As her husband was a doctor she had been treated repeatedly for more than a year, but the syndrome was becoming worse. The patient felt short of breath and had slight asthma. Her husband had prescribed Decoction of *Taohua* adding *Natrii Sulfas* (ingredients: *Halloysitum Rubrum*, *Rhizoma Zingiberis*, *Semen Oryzae Nonglutinosae*, *Natrii Sulfas*). When the patient saw another doctor the pulse was floating-slippery. When the abdomen was examined, the doctor could detect the intestinal booming sound. Decoction of Greater *Qinglong* was given. That night the patient had a high fever, then perspired greatly. Several doses were given. Urination returned to normal and abdominal pain and distention disappeared. About a hundred doses were taken before a full recovery was reported.

Case 5 (15 p. 408):

A patient was suffering from febrile disease caused by Cold in winter. He was feeling extremely restless and had an uneasy feeling in the chest. A doctor who could not recognize that this was a Decoction of Greater *Qinglong* syndrome, prescribed Decoction of *Herba Ephedrae*, which failed to bring a perspiration but brought more severe restlessness to the patient. The patient had a feeling that his house was too small to contain him. When he went to Doctor Zhang Xichun he was examined again, and was found to have a grand-slippery and floating pulse. Decoction of Greater *Qinglong* was given (with addition of eight *qian* of *Radix Trichosanthis*). Only five minutes after taking the decoction, the patient had a thorough perspiration and the syndrome was gone in a short period of time.

Case 6 (21 p. 50):

Male patient of strong build had profuse perspiration while he was working to sink a well. Then he went into the well and his perspiration suddenly stopped. After that, the patient had body pain, fever and aversion to cold and extreme restlessness. His pulse was floating-tense, and face flushed. Original prescription of Decoction of Greater *Qinglong* was prescribed. After taking only one dose the syndrome was totally gone.

Case 7 (22 p. 35):

Male patient, 60, had fever and aversion to cold without perspiration. He preferred lying in bed, half-awake, half-asleep and was reluctant to speak or move round. He said that he was having pain all over the body and feeling restless. A doctor diagnosed the case as a Lesser Yin syndrome and advocated the using of *Rhizoma Zingiberis* and *Radix Aconiti* to rescue the evanescent Yang. The patient's relatives were sceptical about the diagnosis and consulted another doctor, who examined the patient

again and found out that the pulse was floating and slightly speedy. The doctor felt the legs of the patient and found that they were hot, suggesting that this was not a Yin syndrome. It was Decoction of Greater *Qinglong* syndrome. Pathogenetic Heat was strong and condensed in the Interior and the Exterior was troubled by the pathogenetic Cold. Decoction of Greater *Qinglong* should be given to disperse both the Exterior and the Interior syndromes:

Gypsum Fibrosum	30 grams
Herba Ephedrae	9 grams
Ramulus Cinnamomi	9 grams
Semen Armeniacae Amarum	9 grams
Rhizoma Zingiberis Recens	9 grams
Radix Glycyrrhizae Praeparata	6 grams
Fructus Ziziphi Jujubae	5 pcs.

The decoction was stewed and served in three doses, with an interval of two hours between the servings. The doctor instructed the relatives of the patient to keep close watch and to stop giving the decoction once a slight perspiration was seen. After two doses there was a slight perspiration and the syndrome was gone consequently.

#### Case 8 (22 p. 36):

An adult male patient suffering from edema and fullness came to see a doctor, who diagnosed the following symptoms: asthma and dyspnea, thirst and restlessness and dysuria. Decoction of Greater *Qinglong* was prescribed. After taking the decoction over a period of forty days, the syndrome remained. The patient came to the doctor and questioned the efficacy of the prescription. The doctor told him that no other prescription could have been adopted, and more doses should be used before it worked. After another twenty days of treatment the patient's relative went to visit the doctor, saying that the case was aggravated. When the doctor came to the patient, he was shivering and had a perspiration. All the other symptoms were aggravated, but the doctor said that there would be no danger. As the classic said, in a severe case, if the medicine could not bring about a strong reaction, the disease wouldn't be healed. The same prescription was given. After taking the last decoction, there was a profuse perspiration that night and the patient had to change his wet clothes six or seven times during the night. The next day, edema and fullness subsided greatly and asthma and dyspnea also stopped. Urination returned to normal. After another ten days, the patient had fully recovered.

### CLAUSE 39

Febrile disease caused by Cold: Decoction of Greater *Qinglong* can be prescribed when the patient does not have a general aching, but sometimes feels heavy in moving his body with a floating and moderate pulse. Decoction of Greater *Qinglong* can be served when the Lesser Yin syndrome (1) is not observed (2).

## NOTES

1. Lesser Yin syndrome: Pulse feeble and slender, a tendency to fall asleep, a feeling of cold in the extremities. For details, see Chapter V on the Lesser Yin Channel syndrome.

2. Wu Qian: Febrile disease caused by Cold should have a floating and tense pulse. Thus the floating and moderate pulse in this case indicates the symptom complex of febrile diseases caused by both Cold and Wind. Febrile disease caused by Cold should be characterized by a general aching feeling (as described in Clause 35). But here there is no symptom of "aching," only "heaviness." It serves as a proof of the syndromes of both Wind and Cold. Though the pulse is floating and moderate, Decoction of Greater *Qinglong* can still be adopted as there is no perspiration, which serves as a proof of the existence of excessive pathological condition.

Decoction of Greater *Qinglong* is summarized as follows:

1) Pulse and symptoms and signs of Decoction of Greater *Qinglong*:

*Normal*: Pulse — floating-tense; Symptoms — fever, aversion to cold, pain over body, restlessness, no perspiration.

*Variation*: Pulse — floating-moderate; Symptoms — no pain over body, but feel heaviness sometimes.

*Pathology*: Exterior Cold with Interior Heat (Cold resting at the Exterior making the Interior Heat condensed).

2) Treatment of Decoction of Greater *Qinglong*:

*Principle*: To disperse the Exterior and Interior syndromes at the same time.

*Drugs*: Herba Ephedrae, Ramulus Cinnamomi, Semen Armeniacae Amarum, Gypsum Fibrosum, Rhizoma Zingiberis Recens, Fructus Ziziphi Jujubae, Radix Glycyrrhizae.

*Serving and care*: 1. Take one *sheng* of lukewarm decoction to obtain light perspiration; 2. If profuse perspiration results, absorb it with *Wenfen* Powder; 3. If first dose induces a perspiration, stop taking the rest; 4. Complications may occur if used too much.

*Taboo*: Prohibited to those who have perspiration and aversion to cold with feeble-weak pulse.

*Complications*: Cold on extremities, spasms and convulsions.

*Acupuncture Points*: Except the acupoints mentioned in Clause 38, Pangguangshu (BL 28) can be used.

## CLAUSE 40

Before the Exterior syndrome is dispersed, Decoction of Lesser *Qinglong* suits the syndrome with the following symptoms and signs: nausea, fever and coughing caused by Water-fluid stagnancy in the chest (epigastrium) (1). There might also be other symptoms like thirst for water, diarrhea, hiccuping, dysuria, asthma, or lower abdominal distention (2).

## NOTES

1. These are the main symptoms and signs of the syndrome described in this clause. The following symptoms are possible variations that can be treated by the "additions and subtractions" of the decoction.

*Remark:* In the text, "in the chest" or "under the heart" may both be used in different places. Both would generally mean "epigastrium."

2. Wang Hu: Decoction of *Herba Ephedrae* can be adopted to dispel the Exterior syndrome of febrile disease caused by Cold. Decoction of *Ramulus Cinnamomi* can be used to disperse the Exterior syndrome of febrile disease caused by Wind. But when there is an Exterior syndrome as well as Water-fluid stagnancy in the chest (epigastrium), neither of the two decoctions is applicable to the case. In such a case, Decoction of Lesser *Qinglong* is the curative for dealing with both Interior and Exterior syndromes simultaneously.

Decoction of Lesser *Qinglong*  
(*Xiao Qinglong Tang*):

<i>Herba Ephedrae</i>	3 <i>liang</i>
<i>Radix Paeoniae</i>	3 <i>liang</i>
<i>Herba Asari</i>	3 <i>liang</i>
<i>Rhizoma Zingiberis</i>	3 <i>liang</i>
<i>Radix Glycyrrhizae Praeparata</i>	3 <i>liang</i>
<i>Ramulus Cinnamomi</i>	3 <i>liang</i>
<i>Fructus Schisandrae</i>	0.5 <i>sheng</i>
<i>Rhizoma Pinelliae</i>	0.5 <i>sheng</i>

Stew *Herba Ephedrae* in one *dou* of water till eight *sheng* are left. Take out the foam and put the rest of the drugs in the decoction. Stew it till three *sheng* are left. Take one decoction each time when it is lukewarm.

Additions and Subtractions of the Prescription:

1. With thirst for water, take away *Rhizoma Pinelliae*, add *Radix Trichosanthis* three *liang*;

2. With a light diarrhea, take away *Herba Ephedrae*, add *Wikstroemia Canescens*\* (one piece, as big as an egg, stew it till it turns red).

3. With hiccuping, take away *Herba Ephedrae*, add *Radix Aconiti Praeparata* one piece.

4. With dysuria and abdominal distention, take away *Herba Ephedrae*, add *Poria* four *liang*.

5. With asthma, take away *Herba Ephedrae*, add *Semen Armeniacae Amarum* 0.5 *sheng*.

\*Remark by Wu Qian: This must be a copying mistake. *Wikstroemia Canescens*, a kind of *Flos Genkwa*, is an acute purgative. In such a case, I would suggest that *Wikstroemia Canescens* be replaced by four *liang* of *Poria*.

*Explanation of the Prescription:* Decoction of Lesser *Qinglong* is a prescription dealing with Cold syndrome at the Exterior and Water-fluid stagnation at the Interior

simultaneously. Herba Ephedrae and Ramulus Cinnamomi, pungent-taste and warm-quality, dispel the Exterior Cold and Wind. Rhizoma Zingiberis, Herba Asari and Rhizoma Pinelliae stimulate the Water circulation. Radix Paeoniae and Fructus Schisandrae astringe the Vital Energy in the Lung to stop coughing and asthma.

Both Decoctions of Greater and Lesser *Qinglong* are prescriptions dealing with Interior and Exterior syndromes simultaneously. Decoction of Greater *Qinglong* suits the case of Exterior Cold and Wind as well as Interior condensed Heat, whereas Decoction of Lesser *Qinglong* fits the case of Exterior Cold and Wind in addition to Interior Water-fluid stagnancy. Drugs in the two decoctions dealing with the Exterior syndromes are the same, but drugs catering to the Interior syndromes are different. The following table shows the difference:

TABLE 15. COMPARISON OF DECOCTION OF LESSER *QINGLONG* AND DECOCTION OF GREATER *QINGLONG*

Decoction of	Greater <i>Qinglong</i>	Lesser <i>Qinglong</i>
Applicable to cases	Exterior Cold of Initial Yang with condensed Interior Heat	Exterior Cold of Initial Yang with Water-fluid stagnancy
Efficacy	To disperse the Exterior syndrome and eliminate Interior Heat	To disperse the Exterior syndrome and motivate Water circulation
Pulses	Floating-tense or floating-moderate	Tight-tense
Symptoms	Fever, aversion to cold, headache, pain over the body, no perspiration, restlessness	Fever, aversion to cold, nausea, no thirst, coughing and slight asthma

*Acupuncture Points:* Fengmen (BL 12), Feishu (BL 13), Taibai (SP 3), Fenglong (ST 40).

## CASES

Case 1 (11 p. 473): Case Recorded from "*Jing fang shi yan lu*"

Mr. Zhang, who was having frequent baths of cold water in summer, was coughing while he consulted the doctor. When he was exposed to cold, the case would aggravate. This was a case with Fluid retention in the epigastrium. Decoction of Lesser *Qinglong* was given:

Herba Ephedrae

1.5 *qian*



Ramulus Cinnamomi	1.5 <i>qian</i>
Rhizoma Zingiberis	1.5 <i>qian</i>
Rhizoma Pinelliae	3 <i>qian</i>
Herba Asari	1.5 <i>qian</i>
Fructus Schisandrae	1.5 <i>qian</i>
Radix Paeoniae	2 <i>qian</i>
Radix Glycyrrhizae	1 <i>qian</i>

After taking two doses, the coughing subsided. But there was a slight asthma. The following prescription was given:

Herba Ephedrae	0.6 <i>qian</i>
Semen Armeniacae Amarum	3 <i>qian</i>
Radix Glycyrrhizae	0.8 <i>qian</i>

Case 2 (26 p. 39): Whooping Cough, Case Study Recorded in *Shandong TCM Magazine*, 9:31, 1966, Physician: Li Weiliang

Using Decoction of Lesser *Qinglong* adding Radix Glehniae, Fructus Mume, Radix Trichosanthis and Poria, Physician Li cured 102 cases of whooping cough. Three doses were measured as one course of treatment. Of all the cases, 49 were healed after one course of treatment and another 49 cases showed great improvement after one course of treatment. 98 cases were completely cured after two courses. The cure rate was 97 percent.

Case 3 (26 p. 39): Asthma, Case Study Recorded in *Shanghai TCM Magazine*, 10:5, 1965, Physician: Xu Zhongcai

One hundred cases of infantile asthma were treated in three groups. Group one (42 cases) were asthmatics of a cold nature, which were treated by Decoction of Lesser *Qinglong*. Group two (47 cases) were asthmatics of a cold nature complicated with deficient Yang, which were treated by Decoction of Lesser *Qinglong* adding Galenite and Sulfur or Radix Aconiti and Magnetitum, etc. The third group (11 cases) were asthmatics of a Heat nature, which were treated by Decoction of Herba Ephedrae, Semen Armeniacae Amarum, Gypsum Fibrosum and Radix Glycyrrhizae.

Case 4 (22 p. 39): Whooping Cough

Female patient, 7, was suffering from intermittent severe coughing. While coughing, her face turned blue and purple, she shed tears and sneezed and finally spat out greasy sputum. Every day there were 20 to 30 attacks. Other symptoms included swelling of the face, bad appetite, vomiting, parched tongue and throat with tense and slippery pulse. Decoction of Lesser *Qinglong* was prescribed:

Herba Ephedrae	1.5 grams
Ramulus Cinnamomi	2.4 grams
Herba Sari	1.5 grams
Fructus Schisandrae	2.1 grams
Rhizoma Pinelliae	3 grams

Radix Stemonae

3 grams

After taking seven doses the syndrome was gone.

## Case 5 (22 p. 40)

Male patient, 32, first treatment on May 4, 1961, had been suffering from chronic coughing with spitting of phlegm for many years. His whole body was edematized and his abdomen was as distended as a drum. When having an asthmatic attack, he could not lie flat in bed. Bad appetite, normal urination and stool, white tongue coating, floating-tight and slippery pulse were other symptoms.

Diagnosis: The disease was caused by the inability of the Spleen and Kidney Yang Vital Energy which caused the prevalence of Yin and Cold and the invasion of Water-fluid into the Lung. Water circulation was hampered, causing the flooding of Water to the muscles and skin, and hence the edema. Decoction of Lesser *Qinglong* with additions was prescribed:

Herba Ephedrae	2.4 grams
Cortex Cinnamomi	0.9 gram
Radix Paeoniae	9 grams
Herba Asari	2.1 grams
Rhizoma Pinelliae	9 grams
Fructus Schisandrae	6 grams
Rhizoma Zingiberis	6 grams
Poria	9 grams
Polyporus Umbellatus	6 grams
Rhizoma Alismatis	9 grams
Radix Aconiti	0.9 gram
Flos Farfarae	6 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Radix Glycyrrhizae	3 grams

The patient visited the doctor more than ten times and was given the same prescription each time. After taking more than 30 doses, the syndrome was completely gone.

## Case 6 (24 p. 29): Chronic Bronchitis

Female patient, 60, had a history of bronchitis for three years. When she consulted the doctor she reported having had, in the recent three days, fever and aversion to cold, headache, coughing and asthma with spitting of phlegm and foam, no perspiration and no appetite. Pulse was tight-speedy.

Diagnosis: The rampage of pathogenetic Fluid retention induced by the invasion of Cold and Wind. Treatment was to warm the Lung so as to disperse the encroaching Cold; to eliminate the sputum so as to ease the asthma. The following prescription was given:

Herba Ephedrae	5 grams
Ramulus Cinnamomi	5 grams

Rhizoma Zingiberis	5 grams
Radix Glycyrrhizae Praeparata	5 grams
Rhizoma Pinelliae	10 grams
Fructus Perillae	10 grams
Herba Asari	2 grams
Fructus Schisandrae	15 grams

After taking three doses the syndrome subsided greatly. The patient was then given Decoction of Poria, Ramulus Cinnamomi, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae adding Rhizoma Pinelliae and Semen Armeniacae Amarum to bring about a full recovery.

Case 7 (24 p. 29):

In recent years there had been a study of Decoction of Lesser *Qinglong* with addition of Rhizoma Atractylodis Macrocephalae and Poria in powder form. Details are as follows:

Herba Ephedrae Praeparata	30 grams
Radix Paeoniae Praeparata	30 grams
Ramulus Cinnamomi	30 grams
Herba Asari	30 grams
Rhizoma Zingiberis	30 grams
Fructus Schisandrae	45 grams
Rhizoma Pinelliae (prepared with ginger)	60 grams
Rhizoma Atractylodis Macrocephalae Praeparata	90 grams
Poria	90 grams

Grind the above drugs into powder and mix them with the same quantity of sugar.

Dosage: 1.5-3 grams each dose; one dose every 6-8 hours. Wash the powder down with warm water one hour before meals.

Additions and subtractions: 1) In case of deficient Yang, subtract Ramulus Cinnamomi, add Radix Aconiti Praeparata; 2) In case of deficient Yin, add Radix Asparagi, Radix Ophiopogonis, Radix Stemonae and Pills of Radix Rehmanniae; 3) In case of deficient Lung and Kidney resulting from chronic coughing, add 90 grams of Radix Pseudostellariae and two pairs of Gecko (tail). Make pills with honey as big as parasol seeds. Four pills per dose, washed down with salt water.

Case report: Mr. Shen, 42, had been suffering with coughing and dyspnea every winter for three years. Thin and greasy sputum was spat out and the symptoms were more serious in the morning and evening. Pulse was tight-slippery, tongue coating was white, greasy and slippery.

Diagnosis: This was a case caused by the obstruction of Phlegm and Fluid retention that had made the Lung lose its normal function. Drugs in warm quality should be given to harmonize the pathological condition: Decoction of Lesser *Qinglong* adding Rhizoma Atractylodis Macrocephalae and Poria in powder form. Three grams every eight hours, one hour before meals, washed down with warm water. The syndrome was gone after taking 720 grams.

Case 8 (21 p. 52): Reported by Doctor Liu Duzhou

Decoction of Lesser *Qinglong* is very effective in curing coughing and asthma caused by Water-fluid retention in Cold nature. However, it should not be used repeatedly over a long period of time as it may hurt the Yin and the Blood. I remember having treated a patient in the winter of 1958, who was suffering from acute coughing and asthma. When Decoction of Lesser *Qinglong* was given, the patient felt much better and continued taking the decoction for more than ten doses without consulting me. Very soon when spring came, the patient suddenly had a profuse epistaxis that could not be stopped. After emergency treatment in a hospital the bleeding was stopped, but the patient never recovered completely. The patient had to come to consult me again for further treatment. This should be considered when using the decoction.

### CLAUSE 41

Febrile disease caused by Cold: The Water-fluid stagnancy condensed in the chest (epigastrium) causes a cough, light asthma, and a fever without thirst for water. Decoction of Lesser *Qinglong* can be adopted. After taking the decoction, if the patient is thirsty, it signifies that the Water-fluid stagnancy of a Cold nature has been eliminated and the patient is recovering (1).

#### NOTES

1. Wu Qian: Symptoms and signs of coughing, light asthma caused by Water-fluid stagnancy in chest, and fever without thirst for water as described in this clause indicate impairment of the Cold pathogenetic factor at the Exterior and stagnation of Water-fluid congelation of a Cold nature at the Interior. Decoction of Lesser *Qinglong* is the curative to disperse pathological conditions from both the Interior and the Exterior. After taking the decoction, there will be a perspiration and thirst for water. The thirst is caused by Interior Dryness after perspiration. It is not a thirst caused by stagnancy of Water-fluid before perspiration. The patient should drink water little by little to moisten the Interior Dryness and harmonize the Stomach Vital Energy. Thus he is recovering.

### CLAUSE 42

Initial Yang syndrome: When the Exterior syndrome still exists with a floating and weak pulse, perspiration will disperse the syndrome. Decoction of Ramulus Cinnamomi can be used as the diaphoretic (1).

#### NOTES

1. Cheng Zhi: When the Exterior syndrome still exists with floating and weak pulse, a diaphoretic can be adopted even if the syndrome has been existing for a long time. In such a case however, Decoction of Ramulus Cinnamomi, which can disperse

the syndrome from the muscle, is enough. A decoction that can create profuse perspiration and a purgative are both prohibited.

### CLAUSE 43

Initial Yang syndrome: After adoption of a purgative, if there is light asthma, it is because the Exterior syndrome still exists. Prescribe Decoction of Ramulus Cinnamomi adding Cortex Magnoliae Officinalis and Semen Armeniacae Amarum (1).

#### NOTES

1. See Clause 18 for the prescription.

*Summary:* Symptoms, signs and treatment of the syndrome "asthma" in the chapter of Initial Yang syndrome are summarized in Table 16 on the following page.

*Acupuncture Points:* Hegu (LI 4), Fuliu (KI 7), Feishu (BL 13), Neiguan (PC 6).

### CLAUSE 44

Initial Yang syndrome: A purgative should not be served before the Exterior syndrome is expelled. A dose of purgative will aggravate the case. To dispel the Exterior syndrome, Decoction of Ramulus Cinnamomi is to be adopted (1).

#### NOTES

1. Wu Qian: "Before the Exterior syndrome is dispelled" means the Exterior syndrome of Decoction of Ramulus Cinnamomi syndrome. For all cases with the existence of the Exterior syndrome, no matter whether or not diaphoretics have been adopted, though there are observed syndromes suitable for a dose of purgative (except for an acute syndrome that requires an urgent purgative), no purgative should be adopted. Adoption of a purgative will be an incorrect treatment. To dispel the Exterior syndrome, Decoction of Ramulus Cinnamomi is the right curative.

Wang Kentang: When the symptoms and signs of a slight headache and fear of cold are observed, it can be diagnosed as the existence of the Exterior syndrome. No purgative should then be adopted.

Cheng Yingmao: After the adoption of a purgative, if the Exterior syndrome still exists, Decoction of Ramulus Cinnamomi can still be adopted. The prescription should always fit the symptoms and signs. Do not say that Decoction of Ramulus Cinnamomi is no more effective after the adoption of purgatives.

Wang Hu: Why is the adoption of a purgative in such a case a mistake? Because when the syndrome is at the Exterior, drugs are given to function at the Interior, which is wrong, as a rule.

TABLE 16. SYMPTOMS, SIGNS AND TREATMENT OF THE SYNDROME "ASTHMA"

Cause	Symptoms	Pathology	Principle of treatment	Prescription
1. Encroachment of Cold at the Exterior	Pulse floating & tense, asthma, no perspiration	Exterior Cold has made the Lung Vital Energy pentup.	Open up <i>Couli</i> , induce a perspiration, ease the asthma	Decoction of Herba Ephedrae (Clause 35)
2. Encroachment of Cold at the Exterior, Fluid-retention in the Interior	Pulse tight-tense, fever, aversion to cold, nausea, coughing, asthma	Pathogenetic Cold has invaded the Lung.	Disperse the Exterior syndrome and remove the Water-fluid retention	Decoction of Lesser <i>Qinglong</i> (Clause 40)
3. Remaining of pathogenetic factor in the Lung after diaphoretic or purgative adopted	Perspiration, asthma, slight fever	Remaining Heat invades the Lung.	Eliminate Heat to clear the Lung	<i>Ma Xing Shi Gan Tang</i> (Clause 63)
4. Pathogenetic factor in Yang nature invades the Interior owing to malpractice of purgative	Diarrhea, asthma, perspiration	Rampage of Heat in the Interior affect the Lung and Large Intestine.	Pungent-cool drugs to disperse the Exterior syndrome, bitter-cold drugs to eliminate Interior Heat	<i>Gegen Qin Lian Tang</i> (Clause 34)
5. After purgative is adopted as a malpractice, pathogenetic factors still rest at the Exterior	Exterior syndrome, slight asthma	Pathogenetic factors will sink into the Interior and ascending of gas from the Interior.	Pungent-warm drugs to disperse Exterior syndrome, facilitate the flow of Vital Energy to stop asthma	<i>Guizhi Jia Houpo Xingzi Tang</i> (Clause 18)

## CLAUSE 45

Initial Yang syndrome: A dose of purgative that is given after the adoption of a diaphoretic which failed to dispel the Exterior syndrome will not, as a rule, heal the disease when the pulse is floating. Floating pulse indicates that the syndrome is at the Exterior. Thus a dose of purgative is an incorrect treatment. Decoction of *Ramulus Cinnamomi* should be administered to dispel the Exterior syndrome (1).

## NOTES

1. Wu Qian: If the first dose of diaphoretic failed to dispel the Exterior syndrome, more diaphoretic should be adopted. It is wrong to give a purgative before the Exterior syndrome is gone. When the pulse is floating, it indicates an Exterior syndrome. So a purgative should not be adopted. After adoption of a purgative, if the pulse is still floating, it means that an adverse case has not resulted. Thus Decoction of *Ramulus Cinnamomi* can still be adopted.

## CASES

Case 1 (11 p. 484): Case Recorded in "*Xu Mingyi Lei'an*"

Doctor Zhang Yin'an once treated a young lad, who was suffering from febrile disease caused by Cold, with severe symptoms of headache, fever, and chest pain. The patient said that he had eaten too much food made of flour (noodles, for example) three days ago and felt unwell since then. The doctor replied that it was not likely to be the cause of the disease. The disease was caused by the invasion of pathogenetic Cold at the Exterior that had hampered the digestion activity in the Stomach. Any indigestion caused by exogenous factors should only be treated by dispersing the pathogenetic factors, but not the indigestion itself. If drugs were given for the indigestion there would be a deficient state in the Interior, making the inner invasion of Exterior pathogenetic factors possible. Indigestion rested between the gastric and epigastric regions. Tenderness was felt. This appeared to be a case caused by purgatives. A case of Blocked-up Chest (*Jiexiong*, see Clauses 128, 131) was about to develop. Hearing this, the patient said that he was treated by a physician the day before and used drugs to remove the indigestion. After taking that medicine the patient felt pain in the chest. Doctor Zhang examined the patient thoroughly and found out the Exterior syndrome, so Decoction of *Ramulus Cinnamomi* was prescribed. Only one dose of the decoction was given and the syndrome was gone.

## CLAUSE 46

Initial Yang syndrome: Decoction of *Herba Ephedrae* should be adopted to dispel the Exterior syndrome by producing perspiration when the patient has a fever, a general aching feeling, and a floating and tense pulse without perspiration for eight to nine days. After taking the decoction, when the patient feels a bit better but is restless and tends to close his eyes, or even has an epistaxis, it shows that he is re-

covering. This is because epistaxis reduces excessive Yang Vital Energy (1).

#### NOTES

1. Excessive Yang Vital Energy: This is a strong Exterior Heat which accelerates the blood circulation in an abnormal way, most likely causing epistaxis. When epistaxis occurs, Exterior Heat leaks out at the same time.

*Acupuncture Points:* Yanglao (SI 6), Jinmen (BL 63), Kongzui (LU 6), Zhubin (KI 9).

#### CLAUSE 47

Initial Yang syndrome: A patient who has a fever with floating and tense pulse without perspiration will recover after a spontaneous epistaxis (1).

#### NOTES

1. Zhang Lu: When epistaxis occurs, Heat pathogenetic factor leaks out together with the bleeding. After epistaxis, there will be no perspiration. In case epistaxis does not occur, Decoction of Herba Ephedrae should be adopted. After adoption of the decoction, there will be no epistaxis, as the pathogenetic factor has already been dispersed. If the Heat pathogenetic factor is not completely dispersed after adoption of a diaphoretic, then epistaxis may still occur to disperse the remaining pathogenetic factor.

*Shanghan Lun Yishi* (11 p. 488): Mechanism of the subsidence of Exterior syndrome by way of epistaxis lies mainly in the following notion: When the pathogenetic factors resting at the Exterior hampered the Interior-Exterior circulation, the Interior pathological condition will find no way out, causing the abnormal movement of it in the Interior. Once there is an epistaxis, pathogenetic factors will leak out with the bleeding. The main cause of such abnormal state is that when a diaphoretic is needed to obtain a perspiration, no perspiration whatsoever is obtained. That's why the Golden Mirror (*Yi zong Jingjian*) said: When a perspiration is needed but the patient cannot have one, Cold will invade the Vital Resistance and Heat will congeal at the Nutrient Essence (the Blood). Doctor Huang Kuncai said: When the Vital Resistance is under extreme strain, it will try to find a way out (epistaxis is one way out). From this clause we can understand the importance of early treatment — when a diaphoretic is needed to induce a perspiration, do it in good time.

#### CLAUSE 48

Overlapping of the syndromes (1) of Initial Yang and Greater Yang: At the beginning of Initial Yang syndrome, a dose of diaphoretic is given for perspiration. But if the perspiration cannot dispel the Exterior syndrome completely, the latter will invade the Greater Yang Channel, causing continuous perspiration without chill. A purgative should



not be given before the Initial Yang syndrome is completely driven out. Otherwise an adverse case will result. In such a case, a light diaphoretic can be adopted.

A bright flushed face signifies that a stagnation of Heat is at the Exterior. Then drugs or fumigation therapy should be adopted to eliminate the syndrome.

When a diaphoretic cannot bring about thorough perspiration and full recovery, it cannot be ascertained that the remaining syndrome is caused by excessive Yang Vital Energy resting at the Exterior. It is because of the failure of thorough perspiration when needed. Consequently, the patient feels restless and aching in different parts of body, sometimes in the abdomen, sometimes in the extremities. When pressed, the pain will disappear. Also, the patient feels short of breath and prefers sitting. All these symptoms and signs come from incomplete perspiration, which can be ascertained by a hesitant pulse (2). Again, a dose of diaphoretic is needed to dispel the syndrome.

#### NOTES

1. Overlapping of syndromes (*Bingbing*): Before the syndrome of one Channel is gone, the syndrome of another Channel comes into being. On the other hand, combination of syndromes (*Hebing*), as mentioned in Clauses 32, 33 and 36, signifies that two or more Channel syndromes appear at the same time.

2. Hesitant pulse: It has a small, fine, slow joggling tempo like scraping bamboo with a knife, indicating sluggishness of Blood circulation caused by a Deficiency of Blood and Nutrient Essence or stagnation of Vital Energy and Blood.

Cheng Yingmao: Since the Initial Yang syndrome has transmitted into the Greater Yang Channel, therapy should be adopted accordingly. But during the transmission, the Exterior syndrome is not dispersed completely. The pathogenetic factor that has penetrated into the Interior has not gone too far. Thus the two pathogenetic factors are confronting each other, causing overlapping syndromes of the two Channels, with the appearance of symptoms and signs of both Channels. Even if the Initial Yang syndrome is less severe than the Greater Yang syndrome, yet the overall symptom is the Greater Yang syndrome with complication of Initial Yang syndrome. There should not be pains in the abdomen with the Initial Yang syndrome. But when the pathogenetic factor cannot find a way out, it intrudes here and there at the Interior, causing pains in different parts of body, sometimes in the abdomen, sometimes in the extremities.

Cause, symptoms and treatment of "overlapping of syndromes" of two Yang are shown as follows:

*Cause*: At the onset of Initial Yang syndrome, diaphoretic had been adopted to obtain a perspiration. But there was not a thorough perspiration as needed. So the syndrome is transmitted into the Greater Yang Channel.

*Principal Symptoms*: A continuous slight perspiration, without chills.

*Two Manifestations*: 1) Yang Vital Energy is floating at the Exterior, making the

face look very red; 2) Yang Vital Energy is pent-up at the Interior, making the patient restless, feel pain in body, sometimes in abdomen, sometimes on the extremities, short of breath, and preference of sitting.

*Treatment:* Diaphoretic can be given to induce a light perspiration. (Taboo: No purgative should be given before the Initial Yang syndrome is dispersed. With symptoms of Greater Yang, profuse perspiration is prohibited.)

*Rationale of Symptoms:*

1) Short of breath: a) Failure of a thorough perspiration, making the Interior Vital Energy being blocked, unable to deploy as it should (in excessive nature); b) Profuse perspiration has hurt the Vital Energy in the chest, making the chest deficient and unable to breathe normally (in deficient nature).

2) Hesitant pulse: a) Pulse hesitant and mighty reflects the pent-up of pathogenetic factors (in excessive nature); b) Pulse hesitant and strengthless reflects the Deficiency of Body Resistance and insufficiency of Blood (in deficient nature).

*Acupuncture Points:* Hegu (LI 4), Kunlun (BL 60), Yangfu (GB 38), Zhigou (SJ 6).

## CLAUSE 49

When the pulse is floating and speedy, diaphoresis should be adopted according to the general principles of therapy. If a purgative is given, the patient will feel heavy in movement and suffer palpitation. In that case, no diaphoretic should be given. Spontaneous perspiration will be a sign of recovery. The reason is that the pulse under the ring-finger is feeble, which signifies an Interior Deficiency. The recovery of Yang Vital Energy and harmonization of the Body Fluid will bring spontaneous perspiration and then a full recovery (1).

## NOTES

1. Explanation of the clause: This clause discusses a mistreatment caused by the adoption of a purgative in the case of a syndrome with a feeble pulse of the Interior-deficient type. Although the Exterior syndrome still exists, no diaphoretic whatsoever should be given. If a diaphoretic were adopted, it would be a seriously mistaken treatment which would reduce the Deficiency\* and exhaust the Yang Vital Energy through profuse perspiration.

Zhang Lu: The mistreatment of adoption of purgative has caused palpitation and body heaviness in movement. In such a case, even if there is a floating and speedy pulse, no diaphoretic should be adopted. When the pulse under the ring-finger is feeble, it is a sign of constant Deficiency of the Interior Yin Vital Essence. All the more then is diaphoretic prohibited. Why could a dose of purgative result in an erroneous treatment? This is because perspiration is likely to occur when the pulse is floating and speedy (a sign of a strong Heat pathogenetic factor). But, instead of a dose of diaphoretic, a purgative is adopted; the result is palpitation and heaviness in movement. A correct therapy

in this case would be the adoption of Decoction of Lesser *Jianzhong* (see Clause 100) which will induce perspiration and bring full recovery.

\*The correct therapy is known as the principle of "Tonifying the Deficiency and reducing the Excess."

*Acupuncture Points:* Daling (PC 7), Taixi (KI 3), Taibai (SP 3), Fenglong (ST 40).

## CLAUSE 50

There ought to be a general aching feeling if the pulse is floating and tense. The relevant therapy is a dose of diaphoretic. When the pulse under the ring-finger is slow (1), perspiration is prevented. That is because a slow pulse signifies an insufficiency of Nutrient Essence, a lack of Blood (2).

## NOTES

1. Slow pulse: Very slow in coming and going, three times during a breath.

2. Insufficiency of Nutrient Essence causes a lack of Blood (a slow pulse is the proof). Profuse perspiration will exhaust the Nutrient Essence. When there is insufficiency of Nutrient Essence and Blood, no doubt diaphoresis is prohibited.

Zhang Lu: When the pulse under the ring-finger is slow, Decoction of Herba Ephedrae cannot be used as a diaphoretic.\* Several doses of Decoction of Lesser *Jianzhong* should be adopted to harmonize the syndrome. When the syndrome is gone after the harmonization of Decoction of Lesser *Jianzhong*, no diaphoretic is needed any more. In case the syndrome is not gone, more Decoction of Lesser *Jianzhong* can be adopted. When the pulse under the ring-finger returns to normal, a diaphoretic can then be given.

\*See Case 1 below.

*Acupuncture Points:* Lieque (LU 7), Zhaohai (KI 6), Shenmen (HT 7), Dazhong (KI 4), Zusanli (ST 36).

## CASES

Case 1 (11 p. 497): Case Recorded in "Benshifang"

Doctor Xu Shuwei treated a male adult patient who was suffering from febrile disease caused by Cold. Symptoms were fever, headache, thirst, restlessness. Pulse was floating but strengthless, and slow and weak under ring-finger (the cubit position). According to Doctor Xu this case seemed to be a Decoction of Herba Ephedrae syndrome. However, the pulse was slow and weak in cubit position. As Master Zhang Zhongjing instructed us that "When the pulse under the ring-finger is slow, perspiration is prevented," Decoction of Lesser *Jianzhong* adding Radix Angelicae Sinensis and Radix Astragali was prescribed. After taking one dose of the decoction the pulse was still the same as before. The patient's relative was impatient and requested a prescription of diaphoretics, but the doctor insisted that only Decoction of Lesser *Jianzhong* could be

adopted. Until the fifth day the pulse under the ring-finger began to improve, then Decoction of *Herba Ephedrae*, a strong diaphoretic, was given. After taking the second dose the patient was almost manic. After a while the patient fell asleep and a perspiration ensued. A malpractice was thus avoided.

### CLAUSE 51

A floating pulse signifies an Exterior syndrome. Decoction of *Herba Ephedrae* can be used as a diaphoretic (1).

#### NOTES

1. Floating pulse can be felt when the physician touches the skin lightly, which is a sign of all Exterior syndromes. But the pulse corresponding to Decoction of *Herba Ephedrae* syndrome is floating-tense. Therefore, in diagnosis, both the pulse and the symptoms and signs should be taken into consideration. In this case, when Decoction of *Herba Ephedrae* is to be adopted, except the floating pulse, there must be observation of other symptoms such as headache, fever, aversion to cold and without perspiration. This is an example of the style of writing in ancient time, i.e., the language is oversimplified at times.

### CLAUSE 52

A floating and speedy pulse requires diaphoresis. Decoction of *Herba Ephedrae* can be adopted (1).

#### NOTES

1. Wu Qian: Decoction of *Herba Ephedrae* is a curative for febrile disease caused by Cold with a floating and tense pulse. The pulses in the above two clauses are floating and floatingspeedy respectively, seemingly not applicable to the principle. But when there are the symptoms and signs of the excessive Exterior syndrome without perspiration, Decoction of *Herba Ephedrae* can be adopted. Under such conditions, symptoms, not the pulse, are taken as the priority in diagnosing the syndrome.

Liu Hongbi: When the pulse is only floating but not tense how do we know the syndrome is excessive Cold at the Exterior? The lack of perspiration is the indicator. How can we tell the syndrome is not at the Interior when the pulse is speedy? The pulse must be speedy and floating. In such a case, a diaphoretic can be adopted.

### CLAUSE 53

Frequent spontaneous perspiration signifies the normal state of the Nutrient Essence. If the Exterior syndrome exists at the same time, it will bring about an abnormal state of the Yang Vital Energy with the Nutrient Essence. The Nutrient Essence flows inside the blood vessel, whereas the Yang Vital Energy marches outside the blood vessel. A dose of diaphoretic, Decoction of *Ramulus Cinnamomi*, will harmonize

the Nutrient Essence with the Yang Vital Energy (1).

## NOTES

1. The abnormal state of the Yang Vital Energy and the Nutrient Essence is not caused by the invasion of pathogenetic Cold or Wind. The text says that the Nutrient Essence is in the normal state. In other words, it is not invaded by any pathogenetic factors. But as perspiration consumes the Yin Body Fluid, Nutrient Essence is being exhausted. How can the text say that it is normal? The reason is that the inability of the Yang Vital Energy prevailing at the Exterior fails to protect the body, making it possible for the sweat to leak out from *Couli*. Therefore, when Yang Vital Energy at the Exterior (i.e., the Vital Resistance, *Wei Qi*) loses its normal function, it also loses its harmonization with the Nutrient Essence (i.e., the Yin, the Blood). So treatment should be reinforcing the Yang Vital Energy by giving the patient Decoction of Ramulus Cinnamomi, which is sweet and warm, to strengthen the Vital Resistance and to tonify the Yin by Radix Paeoniae. Hot porridge is given to assist the Stomach Vital Energy. Decoction of Ramulus Cinnamomi is a prescription not only good at treating the perspiration resulting from febrile disease caused by Wind, but also good at treating the perspiration caused by Exterior Deficiency.

*Acupuncture Points:* Wangu (SI 4), Tongli (HT 5), Jinggu (BL 64), Dazhong (KI 4).

## CASES

Case 1 (11 p. 502):

A merchant had had spontaneous perspiration for half a year. Doctors had prescribed drugs to astringe the perspiration, such as Os Draconis and Concha Ostreae in several dozen doses, but without effect. When the patient went to consult Doctor Wang Zizheng he was examined again, and was found to have no fever, no aversion to cold or wind. Sweat was cold and the patient was depressed. Pulse was weak and strengthless. Doctor Wang prescribed Decoction of Ramulus Cinnamomi (original prescription). Only five doses were used to achieve a full recovery.

## CLAUSE 54

If the patient is not suffering from other diseases (1) but has a fever and perspires now and then, it shows the abnormal condition of the Vital Resistance. A dose of diaphoretic, Decoction of Ramulus Cinnamomi, can be served before the above-mentioned syndrome occurs.

## NOTES

1. Interior harmonization, good intake of food, normal urination and stool are considered as indications of "not suffering from other diseases."

Cheng Zhi: The syndrome of Deficiency in Yin nature may also have the symptoms and signs of fever and perspiration. Differentiation should be made to ensure that this is not a Yin Deficiency case. It is a case of Wind pathogenetic factor resting over

the Vital Resistance. When the syndrome is about to start, Decoction of Ramulus Cinnamomi can be adopted to disperse it.

*Acupuncture Points:* Taixi (KI 3), Feiyang (BL 58), Houxi (SI 3), Shenmai (BL 62).

## CLAUSE 55

Febrile disease caused by Cold: When the pulse is floating and tense, epistaxis may occur before adoption of diaphoretic. Decoction of Herba Ephedrae is the cure (1).

## NOTES

1. Zhu Gong: Decoction of Herba Ephedrae is applicable after epistaxis when the pulse is floating. Decoction of Herba Ephedrae cannot be adopted after epistaxis when the pulse is feeble. In such a case, Decoction of Radix Scutellariae and Radix Paeoniae is the curative. This is because when the pulse is floating after epistaxis, it indicates that the Exterior syndrome still exists. A feeble pulse indicates the subsidence of the Exterior syndrome.

TABLE 17. EPISTAXIS DESCRIBED IN CLAUSES 46, 47 AND 55

	Causes	Prognosis and Treatment
Clause 46	Exterior syndrome: after 8 to 9 days Decoction of Herba Ephedrae is given. As Yang Vital Energy is too excessive, restlessness, dimness in vision and epistaxis occur.	After epistaxis, pathogenetic factors in Yang nature leak out with the bleeding.
Clause 47	Failure of a perspiration in the Exterior syndrome causes the epistaxis.	After epistaxis, pathogenetic Heat leaks out with the bleeding.
Clause 55	Failure of a perspiration in the Exterior syndrome causes the epistaxis.	After epistaxis, syndrome still does not subside. Then Decoction of Herba Ephedrae is used to induce a perspiration.

## CASES

Case 1 (11 p. 507): Case Recorded in "Xu Mingyi Lei'an"

Doctor Zhang Luyu treated an adult male patient who had febrile disease caused by Cold in winter. Epistaxis occurred in the mornings with profuse bleeding and this lasted for a few days. Headache, slight fever and floating-huge pulse (which became void when pressed deeply) were other symptoms and signs. The doctor considered that since there was an epistaxis with profuse bleeding, pathogenetic factors should have leaked out with the bleeding, but it did not. Therefore Decoction of Yueber\* was prescribed. After

taking one dose of the decoction, there was a perspiration and a great improvement. That night there was a light fever. Another four doses of Decoction Radix Angelicae Sinensis *Buxue*\*\* were given to bring about a full recovery.

\*Decoction of *Yuebei* is Decoction of Greater *Qinglong* subtracting *Ramulus Cinnamomi* and *Semen Armeniacae Amarum*.

\*\**Danggui Buxue Tang*: Radix Angelicae Sinensis two *qian*, Radix Astragali one *liang*.

Case 2 (11 p. 508): Case Recorded in "*Hanwen Tiaobian*"

Doctor Li Dongyuan treated a patient who was suffering from Spleen and Stomach trouble in deficient nature, by giving drugs of tonification. The patient recovered and then slept on a hot bed in a big room in winter. Consequently he was coughing and spitting blood. The doctor said that this was caused by the pathological condition and that the invading pathogenetic factors at the Exterior hampered the pathogenesis at the Interior, so blood was spat out. Master Zhang Zhongjing said that in febrile disease caused by Cold, when the pulse was floating and tense, Decoction of Herba Ephedrae should be given. If the diaphoretic had not been given epistaxis might have occurred. Decoction of Herba Ephedrae was prescribed with additions and subtractions:

Herba Ephedrae  
Radix Paeoniae  
Radix Glycyrrhizae  
Radix Astragali  
Ramulus Cinnamomi  
Radix Angelicae Sinensis  
Radix Ginseng  
Radix Ophiopogonis  
Fructus Schisandrae

Case 3 (11 p. 508): Case Recorded in "*Mingyi Lei'an*"

Doctor Tao Shangwen treated a patient who had been suffering from febrile disease caused by Cold for four to five days, and was having continuous spitting of blood. A physician prescribed Decoction of Cornu Rhinoceri Asiatici and Radix Rehmanniae, Radix Paeoniae, Cortex Moutan Radicis, a prescription eliminating the Heat in Blood and stopping bleeding, but it did not work. The patient went to visit Doctor Tao, who examined the patient and found that the pulse was floating-tense and speedy. Without a perspiration, how could the pathogenetic factors be dispersed? Decoction of Herba Ephedrae was prescribed. Only one dose of the decoction helped the patient to recover completely.

## CLAUSE 56

Febrile disease caused by Cold: when the patient has no stool for six to seven days, along with headache and fever, Decoction of *Chengqi* can be adopted to dispel the syndrome. If the urine is clear (1), the syndrome is still at the Exterior. A dose of diaphoretic, Decoction of

Ramulus Cinnamomi, will serve as a curative. When there is a headache, there must be an epistaxis (2).

#### NOTES

1. Urine: The color, density, and sediment of urine are always considered as reflections of the Interior syndrome. When urine is clear, it signifies that there is no Heat syndrome at the Interior. So the syndrome must be at the Exterior.

2. Wei Litong: Epistaxis mentioned here is an inference by Zhang Zhongjing. It is not an observed symptom.

*Acupuncture Points:* Zhizheng (SI 7), Feiyang (BL 58), Dazhui (DU 14), Fengfu (DU 16).

#### CASES

Case 1 (11 p. 512): Case Recorded in “*Xu Mingyi Lei’an*”

Doctor Li Shicai treated a patient who had been suffering from febrile disease caused by Cold for six days, with symptoms of delirium, manic condition, headache, perspiration, no stool and normal urination. Other doctors suggested the adoption of Decoction of *Chengqi* (purgative). Then Doctor Li examined the patient and found out that the patient’s pulse was grand and huge.

This was the same case as discussed in Clause 56. Such being the case, Doctor Li decided to use Decoction of Ramulus Cinnamomi. Other doctors were against the decision, saying that the patient was having delirium, a sign of excessive Heat, so how could Decoction of Ramulus Cinnamomi (in Heat nature) be used? Doctor Li explained that profuse perspiration caused the delirium. Although there was no stool the patient did not feel any uneasiness in the abdomen. The syndrome would be gone if Decoction of Ramulus Cinnamomi were adopted to harmonize the Nutrient Essence and the Vital Resistance. So the patient agreed to have one dose of Decoction of Ramulus Cinnamomi, which brought down the delirium and the bowels were open the next day. “If there is no perspiration, Ramulus Cinnamomi cannot be used; if there is perspiration, Herba Ephedrae cannot be used.” This was a principle set forth by the Masters. Even if there was delirium, Decoction of Ramulus Cinnamomi still could be used. “No stool but the patient still didn’t feel uneasy” was an indicator that no purgative should be used (as there was no Interior syndrome).

#### CLAUSE 57

Febrile disease caused by Cold: The syndrome is gone after an episode of perspiration. But after half a day, the patient again feels restless with a floating and speedy pulse. Decoction of Ramulus Cinnamomi should be adopted to eliminate the relapse (1).

#### NOTES

1. Yu Chang: Why is Decoction of Ramulus Cinnamomi, but not Decoction of Herba Ephedrae, used as the diaphoretic? The relapse of the pathological condition on



Vital Resistance requires a diaphoretic. In such a case, owing to the deficient state of the Nutrient Essence, Decoction of Herba Ephedrae is too strong. So Decoction of Ramulus Cinnamomi is used as the diaphoretic.

*Acupuncture Points:* Daling (PC 7), Waiguan (SJ 5).

### CLAUSE 58

Syndrome of the Initial Yang Channel: After the adoption of a diaphoretic, emetic, purgative, or the occurrence of a loss of blood and Body Fluid, if Yin and Yang are still in harmony (1), there will be a self-recovery.

#### NOTES

1. Yin and Yang are still in harmony: It would mean harmony between the Exterior and the Interior, with the pulse moderate and quiet, normal urination and stool, good intake of food, and a conscious mind.

### CLAUSE 59

After the adoption of a drastic and then again a diaphoretic, loss of Body Fluid will result in dysuria. No therapy should be adopted (1). When the Body Fluid is restored, urination will return to normal.

#### NOTES

1. Ke Yunbo: "No therapy should be adopted" here means that no diuretic is to be given. Since the patient is lacking Body Fluid, how can urination be normal? Therefore, to administer drugs that can help produce the Body Fluid is the right cure.

Cheng Jiaoqian: After purgative had been given in a big way, diaphoretic was given again. How much could the Body Fluid (Water) still remain in the Urinary Bladder Channel? As the Urinary Bladder Channel is the house of Body Fluid, drugs enabling the body to produce Body Fluid should be given to reinforce it. To solve the problem of dysuria, the only way was to reinforce the Body Fluid.

*Shanghai Lun Yishi:* We can divide the case in the following two categories:

1) If the Body Fluid had been exhausted drastically, bringing with it the parched mouth and throat, Water should be added by adopting drugs that can help produce the Body Fluid (such as *Zeng Ye Tang*, Decoction to Increase the Fluid, with ingredients: Radix Scrophulariae, Radix Rehmanniae and Radix Ophiopogonis);

2) If there are no other symptoms except dysuria, no treatment is necessary. Wait until the Body Fluid resumes, urination will return to normal.

### CLAUSE 60

After the adoption of a dose of purgative and then diaphoresis, the patient will shiver with cold. The pulse is feeble and slender. These are

symptoms and signs of Deficiency both at the Interior and the Exterior (1).

#### NOTES

1. Explanation of the clause: A dose of purgative will cause an Interior Deficiency, while diaphoresis will cause an Exterior Deficiency. Fearing the cold and a feeble pulse are symptoms and signs of Exterior (Yang) Deficiency, whereas a slender pulse indicates an Interior (Yin) Deficiency.

Zheng Zhongguang: "Adoption of a diaphoretic first and then a purgative" is a set principle of therapy for febrile disease caused by Cold. If a purgative is first adopted and the Exterior syndrome remains untackled, then a diaphoretic has to be adopted to disperse the Exterior syndrome. After adoption of a purgative and then a diaphoretic, although the pathogenetic factor has been dispersed, the Deficiency of both the Exterior and Interior prevails. Thus there are the symptoms and signs of a slender pulse and shivering with cold. It is a serious mistake.

#### CLAUSE 61

After the adoption of a dose of purgative and then a diaphoretic, the patient feels restless and cannot fall asleep during the daytime, but quiets down at night. When no emesis, thirst for water, Exterior syndrome, or high fever are observed but there is a deep and feeble pulse, Decoction of Rhizoma Zingiberis and Radix Aconiti Praeparata can be adopted (1).

#### NOTES

1. Explanation of the clause: A dose of purgative and a diaphoretic will cause Deficiency in Yang and Excess in Yin. During the daytime, conflict between the deficient Yang and Yin makes the patient feel restless and unable to fall asleep. At night when the Yin Vital Essence prevails, the patient quiets down. A remedy of recovering the Yang Vital Energy should be adopted urgently.

Decoction of Rhizoma Zingiberis and Radix Aconiti Praeparata  
(*Ganjiang Fuzi Tang*):

Rhizoma Zingiberis	1 <i>liang</i>
Radix Aconiti Praeparata	1 <i>pc</i> .

Stew the above two drugs in three *sheng* of water till one *sheng* is left. Serve the decoction warm.

*Explanation of the Prescription:* The mistaken treatment involving the adoption of a purgative and a diaphoretic causes Deficiency both at the Exterior and Interior. All the symptoms and signs show severe Deficiency of the Yang Vital Energy. Thus Rhizoma Zingiberis and Radix Aconiti Praeparata are prescribed to restore the Yang Vital Energy.

## CASES

Case 1 (11 p. 523): Case Recorded in "*Mingyi Lei'an*"

Li Dongyuan treated a patient who had fever, red eye, and great thirst. Pulse was speedy (seven to eight times during a breath) and strengthless (when it was deeply pressed, it dispersed). This was a case caused by a "rootless Fire," which should not be treated as Heat syndrome. Decoction of Rhizoma Zingiberis and Radix Aconiti Praeparata adding Radix Ginseng was given.\*

\*This was a case of false Heat. Fever, red eye and great thirst are indications of a Heat syndrome, but the pulse was dispersing (became loose) when it was pressed hard. Therefore it can be inferred that the case is caused by a rootless Fire which makes the upper portion of the body show an Excess (i.e., the rootless Yang floats to the upper portion of the body) and the lower extremely deficient. Drugs of hot quality are given to warm the real Cold and tonify the Deficiency, so that the Exterior syndrome of heat nature can be eliminated from within.

Case 2 (22 p. 191): Infantile Diarrhea

Male baby, 7 months, first treatment on August 7, 1963. The baby was overfed by his mother and suffered from abdominal distention and diarrhea. There was also a high fever. After treatment in a hospital by Western medicine the fever dropped to normal. However, the baby had diarrhea more than ten times a day. Treatment by Western medicine continued for six days and TCM treatment for eight days. The diarrhea reduced to four to five times a day. Two days ago when the baby was exposed to cold and wind, the syndrome aggravated, with eight episodes of diarrhea a day. The stool was watery and the baby was very quiet. When the doctor examined the baby he found that the baby's tongue coating was pale and dry, and the extremities were cold. The doctor made the diagnosis of a case of Deficiency and Cold in Spleen and Kidney, and Heat in the Stomach and Intestine. Decoction of Rhizoma Zingiberis and Radix Aconiti Praeparata adding Rhizoma Coptidis was prescribed:

Radix Aconiti Praeparata	1.5 grams
Rhizoma Zingiberis	9 grams
Radix Glycyrrhizae	9 grams
Rhizoma Coptidis (added later)	9 grams

Feed the baby 8 ml a dose, with four hours' intervals between two doses. After taking the medicine for three days the syndrome was gone.

## CLAUSE 62

After the adoption of a diaphoretic, when the patient feels pain in the body and has a deep and slow pulse, Decoction of Ramulus Cinnamomi *Xinjia* can be used as a remedy (1).

## NOTES

1. Explanation of the clause: After the adoption of a diaphoretic, pain in the body

and a deep-slow pulse are caused by profuse perspiration that has exhausted the Body Fluid and brought about the Deficiency of Blood. Therefore, Deficiency as described in this clause is different from Deficiency in Yang (Vital Energy) under Clause 61.

Deep and slow pulse:

1) Deep pulse: Indication of the Interior syndrome, which can be sensed only when pressed deeply.

2) Slow pulse: Indication of Deficiency of Blood.

Pain in the body: Unlike pains caused by the Exterior syndrome, it is a limp and slight pain caused by Blood Deficiency. (See Table 18 for "pain in the body")

Cheng Wuji: "Pain in the body" may be caused either by an excessive pathological condition at the Exterior or by a Deficiency of Blood. A floating and tense pulse is the indication of an excessive pathological condition, a deep and slow pulse is the indication of Deficiency of Blood. Therapy should be to "reduce the Excess and tonify the Deficiency."

Yu Chang: The deep and slow pulse mentioned here is the one under all three fingers at both wrists. This is different than the slow pulse under the ring-finger, which serves as an indication of constant Deficiency. The Deficiency mentioned here is a Deficiency caused by the adoption of a diaphoretic.

TABLE 18. DIFFERENTIATION OF "PAIN IN THE BODY"

Decoction of	Symptoms and signs	Pathology
Herba Ephedrae syndrome	Pain all over the body, pulse was floating and tense, no perspiration with Exterior Excess	Encroachment of Cold and Wind at the Exterior, stagnation in the Nutrient and Yin
Radix Aconiti syndrome	Pain all over the body, deep pulse, cold on extremities	Prevalence of Cold resulting from Yang Deficiency, rampage of Water in the Interior
Ramulus Cinnamomi <i>Xinjia</i> syndrome	Pain all over the body, pulse became deep and slow after perspiration	Exhaustion of Vital Energy and Yin, insufficiency of Yin and Blood

Decoction of Ramulus Cinnamomi *Xinjia*

(*Guizhi Jia Shaoyao, Shengjiang Ge 1 Liang Renshen 3 Liang Xinjia Tang*):

Ramulus Cinnamomi	3 <i>liang</i>
Radix Paeoniae	4 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Radix Ginseng	3 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.
Rhizoma Zingiberis Recens	4 <i>liang</i>

Stew the above drugs in one *dou* two *sheng* of water till three *sheng* are left. Take a one *sheng* decoction each time when lukewarm.

*Explanation of the Prescription:* Decoction of Ramulus Cinnamomi harmonizes the Vital Energy and Vital Resistance with the Nutrient Essence and Blood. Radix Paoniae nourishes the Blood and stops perspiration. Radix Ginseng benefits Yin and helps produce Body Fluid. Rhizoma Zingiberis Recens warms the Stomach, stimulates the Yang Vital Energy and helps deploy the Body Fluid.

In summary, the prescription is applicable to the following cases:

1. Owing to the exhaustion of Body Fluid resulting from a profuse perspiration, the tendons and blood vessels lose their nourishment, causing pain over the body;
2. In febrile disease caused by Wind of the Initial Yang Channel, although there has not yet a perspiration, this prescription can be used to help build the Body Resistance and to disperse the pathogenetic factors simultaneously, especially to those whose build is not strong;
3. It is applicable to a case with encroachment of Wind and Humidity at the Exterior and a Deficiency of the Exterior.

*Acupuncture Points:* Zhubin (KI 9), Neiguan (PC 6), Xiaochangshu (BL 27), Guanyuan (RN 4).

#### Case 1 (12 p. 37):

Male patient, adult, felt heaviness on his head and debility of the extremities. Chills were also experienced, so he drank some wine to warm himself. At night he had his love affairs. The next day he had a severe headache and fever, restlessness and aversion to wind, acute pain over the joints and red eye. Tongue coating was pale and greasy. Pulse was slender and moderate. Temperature was 37.5 °C. On his first visit to the doctor, the patient failed to report his sexual activity the night before, so the doctor diagnosed his case as an influenza. After taking the medicine, there had been a light perspiration, but the syndrome did not subside. On his second consultation to the doctor, he still concealed his private affair, so the second treatment did not work. On the third visit, he had to tell the truth to the doctor as the doctor was wondering why the medicine he prescribed was not working. He was then given Decoction of Ramulus Cinnamomi *Xinjia* adding Placenta Hominis. After taking four doses of the decoction, the patient began to regain his spirit and the syndrome subsided gradually.\*

\*The syndrome was called "Yin Yang Yi." See the relative chapter for details.

#### Case 2 (13 p. 82):

Male patient, 60, had been suffering from pain all over the body for more than four years. At first the patient only felt pain when he was exhausted. But in the recent year the case was aggravated to the extent that he could not move freely and had to lie in bed most of the time, and was vulnerable to attacks of cold.

Diagnosis: While the patient was lying quietly he did not feel pain. He liked to be pressed on the point of pain and felt a fever. He also had perspiration and coldness of the extremities. Reluctance to speak, emaciation, scaly skin, pale tongue and thin

coating, deficient-slender and moderate pulse were other symptoms and signs. Appetite and urination and stool were normal. All these suggested a case of Deficiency of both the Vital Energy and Blood. Decoction of Ramulus Cinnamomi was prescribed. More than forty doses were taken and the syndrome subsided to 70-80 percent. Pills made in accordance with the original prescription were given for another two months. The patient was then able to do some light work.

Case 3 (13 p. 83): Lumbago (deficient type)

Male patient, 48, had been suffering from lumbago for more than half a year. Whenever he worked hard the pain was aggravated. A surgeon diagnosed it as lumbar muscle strain. Drugs to tonify the Kidney had been used repeatedly, but no improvement had occurred so far. Then acupuncture, massage and physiotherapy had been adopted. Direct results had been achieved, but the syndrome still remained. Finally, the doctor prescribed Decoction of Ramulus Cinnamomi *Xinjia* adding Radix Angelicae Sinensis and Radix Astragali. The syndrome was completely gone after taking some twenty doses.

Case 4 (13 p. 84): Contraction

Female patient, 36, was having contractures of the hands and feet resulting from invasion of Wind and Cold after childbirth. When there was an attack, the patient curled herself up in bed and had great pain. Only after massage and acupuncture was the trouble relieved a bit. The ailment lasted half a year.

Diagnosis: Pulse was slow-tense, tongue was pale without coating. The disease was caused by the invasion of pathogenetic Wind and Cold when the patient had Blood Deficiency after labor. The tendons would contract when Cold prevailed. Therefore, Decoction of Ramulus Cinnamomi *Xijia* adding Radix Angelicae Sinensis, Fructus Chaenomelis, Ramulus Uncariae cum Uncis, etc. was prescribed. After taking two doses, the contractures stopped and another five doses were given for a full recovery.

Case 5 (22 p. 24):

An aged patient, male, had constipation for several days with vertigo and nausea. A doctor prescribed purgatives. When the pills did not work the patient doubled the dosage on his own decision and finally had loose bowels. He then began to feel numbness in the upper part of his body and nausea was aggravated. Constipation occurred again. On his second visit to the doctor, he was given Decoction of Greater *Chengqi*, an acute purgative. After taking one dose there was still no stool. He continued to take another two doses, which, as anticipated, brought about a profuse watery stool. The patient's body was cold and he was restless. Constipation resulted again. The second doctor prescribed decoction made of Radix Rehmanniae, but it still did not work. Finally the patient consulted Doctor Yu, who prescribed Decoction of Ramulus Cinnamomi *Xinjia*. After taking three doses, nausea subsided and stool returned to normal. After twenty days of such treatment the syndrome was totally gone.

Case 6 (22 p. 24): Nausea and Vomiting Due to Pregnancy

Female patient, 24, had had no menstruation for three months. She had profuse vomiting and nausea accompanied by limp extremities, thirst but reluctance to drink,

bad appetite and tasteless mouth, vertigo, tendency to sleep, fever and coldness on skin. Pulse was slippery and slender, tongue coating was pale and thin. The doctor prescribed one dose of Decoction of *Ramulus Cinnamomi*.

Four days after the first treatment the patient came to visit the doctor, reporting that she was feeling much better. Pulse was slippery and weak, tongue coating was slightly red. Two doses of Decoction of *Ramulus Cinnamomi Xingja* was given. All the symptoms subsided. A normal delivery was later reported.

#### Case 7 (22 p. 24): Postpartum Fever

Three days after delivery the patient had a high fever of 40.2 °C with headache, perspiration and aversion to cold. Tongue coating was thin and slightly greasy. Pulse was floating, small and speedy. This was a case of Deficiency both in Vital Energy and Blood that had made the invasion of Wind possible, causing the abnormal state of *Ying* and *Wei*. Prescription was made to harmonize *Ying* and *Wei*, tonifying the Deficiency and eliminating the pathogenetic Heat. Prescription was as follows:

<i>Ramulus Cinnamomi</i>	3 grams
<i>Radix Paeoniae Alba</i>	10 grams
<i>Radix Glycyrrhizae Praeparata</i>	3 grams
<i>Rhizoma Zingiberis Recens</i>	1 slice
<i>Fructus Ziziphi Jujubae</i>	4 pcs.
<i>Radix Pseudostellariae</i>	15 grams
<i>Radix Cynanchi Atrati</i>	10 grams
<i>Herba Artemisiae Chinghao</i>	5 grams

### CLAUSE 63

After the adoption of a diaphoretic, Decoction of *Ramulus Cinnamomi* cannot be served again. Prescribe Decoction of *Herba Ephedrae*, *Semen Armeniacae Amarum*, *Radix Glycyrrhizae*, and *Gypsum Fibrosum* when there is perspiration and asthma without a high fever (1).

### NOTES

1. The text says, "After the adoption of a diaphoretic, Decoction of *Ramulus Cinnamomi* cannot be served again." But we must understand in the following way: It is not important whether Decoction of *Ramulus Cinnamomi* can or cannot be served after the adoption of a diaphoretic, the key lies in the analysis of the pathological condition. If the Exterior syndrome still remains, Decoction of *Ramulus Cinnamomi* can be adopted to disperse the remaining syndrome. But in the syndrome discussed in this clause, pathogenetic Heat has invaded the Lung (the Interior). So Decoction of *Ramulus Cinnamomi* cannot be used. Some scholars said that Decoction of *Herba Ephedrae* is adopted in this case to disperse the Exterior syndrome. This is also incorrect. This is because, when we use Decoction of *Herba Ephedrae* to disperse the Exterior syndrome, *Ramulus Cinnamomi* is also used to assist the *Herba Ephedrae* in the prescription. But

in this decoction, we have Gypsum Fibrosum and Semen Armeniacae Amarum instead, aiming at eliminating the pathogenetic Heat resting at the Lung and easing asthma. Therefore, it is a different prescription.

Cheng Jiaoqian and You Zaijing pointed out that the perspiration was caused by the vaporization function of the pathogenetic Heat resting at the Lung. It was not a perspiration in febrile disease caused by Wind (Wind damaging the Vital Resistance) and the pathogenetic factor was not resting at the skin and muscle. Therefore Decoction of Ramulus Cinnamomi was not applicable to this case. Their argument is reasonable. (11 p. 528)

Decoction of Herba Ephedrae, Semen Armeniacae Amarum,  
Radix Glycyrrhizae and Gypsum Fibrosum  
(*Mahuang Xingren Gancao Shigao Tang*):

Herba Ephedrae	4 <i>liang</i>
Semen Armeniacae Amarum	50 pcs.
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Gypsum Fibrosum (break into small pieces, put in a silk sack)	0.5 <i>jīn</i>

Stew Herba Ephedrae in seven *sheng* of water till five *sheng* are left. Take out the foam and put the rest of the drugs in the decoction, stew it till two *sheng* are left. Filter the decoction and take lukewarm decoction of one *sheng* each dose.

*Explanation of the Prescription:* Herba Ephedrae and Semen Armeniacae Amarum are used to dredge the Vital Energy in the Lung and ease asthma by harmonizing the imbalance of the Vital Energy in the Lung. Gypsum Fibrosum eliminates Interior Heat. Both this decoction and Decoction of Lesser *Qinglong* are remedies for treating asthma and cough. But the pungent-taste and cool-quality of this decoction deals with asthma caused by Heat, whereas Decoction of Lesser *Qinglong*, pungent-taste and warm-quality, deals with asthma caused by Cold.

*Acupuncture Points:* Shaoshang (LU 11), Chize (LU 5), Hegu (LI 4), Lieque (LU 7).

## CASES

Case 1 (11 p. 530): Case Recorded in "*Jingfang Shiyuan Lu*"

A patient had been suffering from febrile disease caused by Cold for seven days with fever and slight aversion to cold, pain all over the body but without perspiration. He coughed a lot but could expectorate the phlegm easily. The phlegm was yellow, which was a sign of Heat. The syndrome was caused by the condensed Heat in the Lung, which failed to ventilate its Vital Energy normally. Decoction of Herba Ephedrae, Semen Armeniacae Amarum, Radix Glycyrrhizae and Gypsum Fibrosum adding Herba Spirodelae was given.



**Case 2 (18 p. 91): Coughing and Asthma Caused by Heat in the Lung**

There have been repeated reports about the successful administration of Decoction of *Herba Ephedrae*, *Semen Armeniacae Amarum*, *Glycyrrhizae* and *Gypsum Fibrosum* with additions and subtractions for asthmatic bronchitis, lobar pneumonia, whooping cough, etc. According to Vol. 12, 1961 of *Harbin TCM Magazine*, doctors were using this decoction in the following way to treat lobar pneumonia. Among the 17 cases, all showed great improvement and some attained full recovery: Temperature went down within 3-4 days, 6 cases; 5-8 days, 9 cases; 9-11 days, 2 cases. After the temperature went down, all the other symptoms subsided. The prescription was as follows, with minor alterations according to specific cases:

*Herba Ephedrae*  
*Semen Armeniacae Amarum*  
*Radix Glycyrrhizae*  
*Gypsum Fibrosum*  
*Cortex Mori Radicis*  
*Fructus Forsythiae*  
*Flos Lonicerae*  
*Radix Platycodi*  
*Bulbus Fritillariae Thunbergii*  
*Rhizoma Phragmitis*

According to a report carried in *Xi'an Public Health (Xi'an Weisheng)*, Vol. 7, 1960), doctors were using both Chinese and Western medicine to treat infantile pneumonia. Among the 115 cases of pneumonia treated by TCM, Decoction of *Herba Ephedrae*, *Semen Armeniacae Amarum*, *Radix Glycyrrhizae* and *Gypsum Fibrosum* were used for cases caused by Heat with asthma, and Decoction of Lesser *Qinglong* was given to the patients who were suffering from Cold asthma. All patients, except one who was delayed in treatment and died later, recovered very soon. The average stay in hospital was six days.

**Case 3 (18 p. 93):**

Male patient, 24, had had a skin rash for eight years, with repeated attacks. Sometimes, when the skin rash occurred, fever and chill or asthma might be present. The patient had tried Western medicine but it didn't seem to work. He was then given Decoction of *Herba Ephedrae*, *Semen Armeniacae Amarum*, *Radix Glycyrrhizae* and *Gypsum Fibrosum* adding *Periostracum Cicadae*. After taking one dose the syndrome subsided greatly. The rash disappeared after the second dose. In order to prevent a recurrence another eight doses were taken. No recurrence was reported so far.

**Case 4 (18 p. 93):**

Male patient, 36, had had a stuffy nose for more than three years. Other symptoms included headache, vertigo, fatigue, discharge of yellow and greasy saliva, bad appetite and deteriorating sense of smell. Pulse on the inch of right wrist was floating-speedy. This was a case caused by Heat in the Lung that had transmitted to the brain and nose. Decoction of *Herba Ephedrae*, *Semen Armeniacae Amarum*, *Radix Glycyrrhizae*

and Gypsum Fibrosum adding Lumbricus was prescribed. After taking seven doses, the syndrome was gone once and for all.

Case 5 (26 p. 46): Bronchitis, Cases Reported by Tonglou Health Center of Tianjin

Using the decoction with additions and subtractions, the health center treated 172 cases of bronchitis, with the following cure rate:

Healing:	34 cases (19.8%);
Great improvement:	62 cases (36%);
Improvement:	63 cases (36.7%);
No improvement:	9 cases (5.2%).

The prescription was:

Herba Ephedrae  
Semen Armeniacae Amarum  
Radix Glycyrrhizae  
Gypsum Fibrosum  
Lumbricus  
Caulis Polygoni Multiflori  
Rhizoma Pinelliae  
Semen Lepidii seu Descurainiae  
Herba Polygoni Avicularis

Case 6 (26 p. 48): Whooping Cough, Reported in *Jiangxi TCM Magazine*, 10:25, 1960

Pathology of whooping cough is that pathogenetic Wind and Heat invade the Lung, making it congested and unable to circulate the Fluid, which turns into phlegm and saliva. Coughing and adverse ascent of gas result. In Oujiangcha Hospital, doctors were using the decoction with additions to treat whooping cough, with the following cure rate:

Full recovery:	195 cases (85.5%);
Improvement:	25 cases (10.9%);
No improvement:	8 cases (3.53%).

The following prescription was given:

Herba Ephedrae  
Semen Armeniacae Amarum  
Gypsum Fibrosum  
Radix Glycyrrhizae  
Radix Stemonae  
Semen Lepidii seu Descurainiae  
Fructus Ziziphi Jujubae  
Malt sugar

Case 7 (12 p. 39): Case Recorded in *Case Studies of Wu Peiheng*

Male infant, 3, was having a picnic in the suburbs on May 16, 1928, which was an extremely hot day. When he returned home he took off his clothes and stood in a cool, windy place. That evening he was not feeling well, and the next day he had a fever, chill, vertigo and pain all over the body. As he enjoyed good health and seldom fell ill, he was not taken to see the doctor. But the next day, the syndrome was aggravated: fever, restlessness, thirst and tendency to drink cold water, red and inadequate urine, no appetite were the symptoms. After being treated in a hospital he came to Doctor Wu where he was examined again: pulse was floating, tight and speedy, flushed face, red and parched lips, red and dry tongue coating, fever, dyspnea, without perspiration. This was a case caused by the invasion of summer-heat that had damaged the Yin, causing the condensation of Interior Heat. When the patient was opposed to wind, Wind and Cold were resting at the Exterior, hampering the normal circulation, and resulting in a case of Interior Heat with Exterior Cold. Decoction of *Herba Ephedrae*, *Semen Armeniacae Amarum*, *Radix Glycyrrhizae* and *Gypsum Fibrosum* was prescribed to expel the Exterior and Interior syndromes simultaneously:

<i>Herba Ephedrae</i>	12 grams
<i>Gypsum Fibrosum</i>	24 grams
<i>Semen Armeniacae Amarum</i>	10 grams
<i>Radix Glycyrrhizae</i>	10 grams

After taking one dose there was a profuse perspiration and the temperature dropped to normal. Body pain also subsided. All these showed the subsidence of Exterior syndrome, but Interior syndrome still existed: thirst for cold water. The following prescription was prescribed to replenish the Yin:

<i>Radix Glehniae</i>	24 grams
<i>Gypsum Fibrosum</i>	15 grams
<i>Rhizoma Anemarrhenae</i>	12 grams
<i>Radix Ophiopogonis</i>	24 grams
<i>Fructus Schisandrae</i>	3 grams
<i>Radix Glycyrrhizae</i>	6 grams
<i>Semen Oryzae Nonglutinosae</i>	10 grams

## Case 8 (12 p. 42): Urticaria

Mr. Wu, a worker, had urticaria for many years with repeated attacks. Ten doses of the following decoction was the right cure for such a chronic and wretched ailment:

<i>Herba Ephedrae</i>	9 grams
<i>Semen Armeniacae Amarum</i>	9 grams
<i>Excrementum Bombycis</i>	9 grams
<i>Gypsum Fibrosum</i>	12 grams
<i>Fructus Kochiae</i>	12 grams
<i>Scorpio</i>	3 grams
<i>Radix Glycyrrhizae</i>	3 grams

## Case 9 (22 p. 171): Edema

Male patient, 35, had been suffering from edema for more than three months. The patient reported the cause of the ailment as follows: he had a cold and coughing and asthma, perspiration, pain over the joints and aversion to cold and wind. Quantity of urine began to reduce and edema increased at the same time. The symptoms remained as they were up to the time of his treatment by a TCM doctor. Tongue coating was white, pulse was floating and moderate. This was a case with asthma appearing first followed by edema. Therefore it could be inferred that the Lung should be blamed. As the Lung Vital Energy was pent-up, it failed to circulate the Water within the body, causing edema and dysuria. Other doctors had been prescribing diuretics thinking that normal urination would help reduce the edema. But it was the Lung, not the Urinary Bladder that should be treated. The following prescription was given to facilitate the easing out of Water:

Herba Ephedrae	15 grams
Semen Armeniacae Amarum	12 grams
Radix Glycyrrhizae	6 grams
Gypsum Fibrosum	24 grams
Rhizoma Zingiberis Recens (peel)	9 grams

Three doses were taken. The patient reported that he sweated after having the decoction. Quantity of urine increased too. The second day perspiration reduced but urine was ample. Edema disappeared. Another half a month of following-up treatment was given to bring a full recovery.

**CLAUSE 64**

After profuse perspiration, the patient tends to press his chest with interlaced fingers while his heart palpitates. Decoction of *Ramulus Cinnamomi* and *Radix Glycyrrhizae* serves as a remedy in this case (1).

**NOTES**

1. Explanation of the clause: This is a clause stating the treatment of palpitation resulting from damage of Heart Vital Energy owing to profuse perspiration. Adoption of diaphoretic is a correct therapy to a case with Exterior syndrome. But there should be a limit to the therapy. Profuse perspiration is no good to health. As the Body Resistance is the source of perspiration and can be emitted by the motivation of Yang Vital Energy, therefore, the more sweat one has, the more Yang Vital Energy he loses. Profuse perspiration is thus consuming the Yang Vital Energy in the chest, which will cause a palpitation. As a rule, a case of excessive nature refuses to be pressed and a case of deficient nature invites a press. In the text it says that "the patient tends to press his chest with interlaced fingers while his heart palpitates." From that it can be inferred that it is a case of deficient nature. Decoction of *Ramulus Cinnamomi* and *Radix Glycyrrhizae* is adopted to tonify the Heart Yang.

Fang Youzhi: Profuse perspiration causes Deficiency of Blood. Deficient Blood

brings about Deficiency of the Heart, which bears the symptom of palpitation. This is why the patient tends to press his heart (chest).

Cheng Yingmao: Sweat is the Fluid of the Heart. Diaphoresis is not only prohibited when the syndrome does not allow the adoption of a diaphoretic, it is also prohibited to bring about a profuse perspiration that exceeds the need of dispersing the pathological condition.

Wei Litong: This clause is a warning against profuse perspiration. When pathogenetic Wind hurts the Vital Resistance at the Exterior, a profuse perspiration would be too much. Even if the Nutrient Essence is hurt by Cold, a diaphoretic is used only to disperse the Exterior syndrome. When profuse perspiration is brought forth, the syndrome will change into a state of Deficiency of the Yang Vital Energy.

Decoction of *Ramulus Cinnamomi* and *Radix Glycyrrhizae*

(*Guizhi Gancao Tang*):

<i>Ramulus Cinnamomi</i>	4 <i>liang</i>
<i>Radix Glycyrrhizae Praeparata</i>	2 <i>liang</i>

Stew the drugs in three *sheng* of water till one *sheng* is left. Filter the decoction and serve it warm in one dose.

*Explanation of the Prescription:* Profuse perspiration causes Deficiency of the Heart Yang Vital Energy. *Ramulus Cinnamomi* is used to help recover the Yang Vital Energy. *Radix Glycyrrhizae Praeparata* strengthens the Vital Resistance. If it is a more serious case, Decoction of *Zhenwu* (see Clause 82) should be prescribed.

*Acupuncture Points:* Shenmen (HT 7), Tongli (HT 5), Zhongwan (RN 12), Sanyinjiao (SP 6).

## CASES

Case 1 (11 p. 532): Case Recorded in *Case Studies of Ma Yuanyi*

Doctor Ma treated a woman who had been ill for one month. Pulses on both wrists were deficient-floating and she had spontaneous perspiration and aversion to wind. This was a case with deficient Vital Resistance and weak Yang Vital Energy. When the Vital Resistance is deficient, it fails to defend the Exterior and loses its function of regulating the perspiration. Decoction of *Radix Astragali Jianzhong* was prescribed to build up the Interior Vital Energy:

*Radix Astragali*  
*Ramulus Cinnamomi*  
*Radix Glycyrrhizae Praeparata*  
*Fructus Ziziphi Jujubae*  
*Radix Paeoniae*  
*Rhizoma Zingiberis Recens*  
 Malt sugar

One day after taking the decoction, the patient still pressed her heart with interlaced fingers and the pulse was extremely deficient and hesitant. In accordance with Master Zhang Zhongjing's directives, Decoction of *Ramulus Cinnamomi* and *Radix Glycyrrhizae* was given to heal the disease.

Case 2 (22 p. 160):

Male patient, 39, had palpitations and preferred to press his chest. Analgesics had been used but with no effect. The patient had normal urination and stool and had intermittent spontaneous perspiration. Pulse on all the six positions was feeble and moderate. Tongue coating was white and slippery. This was a case of pain caused by Deficiency. Decoction of *Ramulus Cinnamomi* and *Radix Glycyrrhizae* was given:

<i>Ramulus Cinnamomi</i>	18 grams
<i>Radix Glycyrrhizae</i>	9 grams

After taking the decoction the pain subsided.

Case 3 (22 p. 160):

Male patient, 46, had been suffering from vertigo and general fatigue for more than four years. In the recent twenty days, the syndrome had become aggravated. The patient had low blood pressure, accompanied by vertigo, dimness in vision, insomnia with plenty of dreams, amnesia, general fatigue, palpitations, and strain in the chest for the past four years. When the patient was examined, his temperature was 36.4 °C, blood pressure 85/58 mm.Hg. Decoction of *Ramulus Cinnamomi* and *Radix Glycyrrhizae* with additions was given:

<i>Radix Glycyrrhizae</i>	15 grams
<i>Cortex Cinnamomi</i>	15 grams
<i>Ramulus Cinnamomi</i>	15 grams
<i>Fructus Schisandrae</i>	25 grams

The decoction was taken twice a day. After four days of such treatment the syndrome greatly subsided. A week later, the blood pressure went up to 110/85 mm.Hg. After another week of follow-up treatment all the syndrome disappeared. No recurrence was reported.

Case 4 (25 p. 640):

Female patient, 48, with weak build, was apt to catch cold and sweat frequently. In the recent week she felt serious palpitations and restlessness which made her unable to lie flat at night. Tonics to tonify the Heart and tranquilize the condition were given, but to no avail. Her tongue was pale and dark, coating was white and moist. This was a case caused by the damage of Heart Yang and insufficiency of Heart Yin. Interior Vital Energy was also deficient. Decoction of *Ramulus Cinnamomi* with additions was prescribed:

<i>Ramulus Cinnamomi</i>	10 grams
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Radix Glycyrrhizae	15 grams
Radix Codonopsis Pilosulae	15 grams
Radix Ophiopogonis	10 grams
Fructus Schisandrae	9 grams
Poria	15 grams
Radix Astragali	15 grams

After taking three doses palpitations and restlessness were all gone.

## CLAUSE 65

After adoption of diaphoresis, a jumping sensation below the umbilicus like a running little pig starting to move is called *Bentun* (1). Prescribe Decoction of Poria, Ramulus Cinnamomi, Radix Glycyrrhizae and Fructus Ziziphi Jujubae to bring down the adverse feeling.

## NOTES

1. *Bentun*, or *Bentunqi*: *ben* means "running," *tun* means "piglet." So *Bentun* means a little pig running (in the abdomen). *Bentunqi*: "*qi*" means gas. So the term *Bentunqi* can be interpreted as "An ascending gas like a little pig running upward." *Bentun*, a feeling of the forcible movement of gas from the abdomen to the chest and throat due to an antiperistaltic movement of intestine in Western medicine. For details of the disease, see Chapter Eight of *Synopsis of Prescriptions of the Golden Chamber* (*Jinkui Yaolue*).

Cheng Zhi: Heart palpitation after the adoption of a diaphoretic indicates a Deficiency of Heart Fluid and the movement of the Kidney Vital Energy. When the Kidney Vital Energy is about to ascend, there will be jumps below the umbilicus.

*Shanghan Lun Yishi* (11 p. 533): Both Clauses 64 and 65 discuss the complications arising from adoption of diaphoretics. Syndrome under Clause 64 is caused by the damage of Heart Yang and that of Clause 65 is caused by the pathogenetic Water which is ascending from below owing to the Deficiency of the Heart Yang. Palpitation occurs in case under Clause 64 and jump occurs in this clause. Decoction under Clause 65 is adopted to tonify the Heart Yang, warm the Kidney and assist the Earth (Spleen and Stomach) in its control of the rampant Water.

Decoction of Poria, Ramulus Cinnamomi, Radix Glycyrrhizae and Fructus Ziziphi Jujubae

(*Fuling Guizhi Gancao Dazao Tang*):

Poria	0.5 jin
Ramulus Cinnamomi	4 liang
Radix Glycyrrhizae Praeparata	2 liang
Fructus Ziziphi Jujubae	15 pcs.

Stew Poria in one *dou* of *Ganlan* water\* till eight *sheng* are left. Put the rest of the drugs into it and stew till three *sheng* are left. Take three doses a day, each dose one *sheng*.

\**Ganlan* water (*Ganlan Shui*): Put two *dou* of water in a basin, spoon the water and drop it repeatedly until 5,000 to 6,000 drops of dews are moving on the surface of water. Then you have *Ganlan* water.

*Explanation of the Prescription:* *Ramulus Cinnamomi* and *Radix Glycyrrhizae Praeparata* tonify the Deficiency of Yang Vital Energy of the Heart. *Ramulus Cinnamomi* also stimulates the Vital Energy and brings down the ascending substance. *Poria* dredges the Water and Fluid stagnancy and ameliorates the Water circulation. *Radix Glycyrrhizae Praeparata* and *Fructus Ziziphi Jujubae* strengthen Stomach functions to control the Water circulation.\* *Bentun*, the abnormal ascending of water and gas, caused by Deficiency of Yang Vital Energy of Heart after perspiration, is thus brought down.

\*“Strengthen Stomach functions to control Water circulation”: “Strengthen” here means “tonify.” In Chinese medical terms, it means “Tonifying the Earth (Spleen and Stomach).” When there is a Deficiency in the Spleen and Stomach with symptoms and signs of diarrhea and a reluctance to eat food, the Spleen (the Earth) should be tonified, so that the Spleen can have better control of Water circulation.

*Acupuncture Points:* Daling (PC 7), Taixi (KI 3), Guanyuan (RN 4), Zhongji (RN 3).

## CASES

Case 1 (17 p. 95): Neurosis

Male patient, 48, ill-tempered, had lots of arguments with others and therefore his Liver Vital Energy was in a stagnant condition. Last month while he was having a quarrel with his children, he began to feel jumping in the area below the umbilicus. He then felt something was rushing up to the chest, the throat and finally arrived at the head, and then the substance descended back to the umbilicus.

After repeated attacks of this sort, he became restless and frightened and suffered from insomnia, irritation and was even thinking of committing suicide. Frightened to death by a dream, he would knock on the door of the doctor at midnight for treatment. Tongue coating was pale and thin. Pulse was slippery and huge. Eyelids and hands trembled. Decoction of *Poria*, *Ramulus Cinnamomi*, *Radix Glycyrrhizae* and *Fructus Ziziphi Jujubae* with additions was given:

<i>Poria</i>	20 grams
<i>Ramulus Cinnamomi</i>	10 grams
<i>Radix Glycyrrhizae</i>	6 grams
<i>Fructus Ziziphi Jujubae</i>	10 grams
<i>Rhizoma Atractylodis Macrocephalae</i>	10 grams
<i>Cortex Albiziae</i>	30 grams
<i>Caulis Polygoni Multiflori</i>	30 grams
<i>Rhizoma Anemarrhenae</i>	12 grams
<i>Rhizoma Ligustici Chuanxiong</i>	6 grams



After taking five doses over five days (one dose per day), the patient could sleep better and all the other symptoms gradually disappeared. A year later when the doctor visited the patient, no recurrence was reported.

Case 2 (23 p. 37): Partial Intestinal Obstruction, Case Reported by *Zhejiang TCM Magazine*, 11:9, 1958

A patient was sent to a hospital and diagnosed by Western medical doctors as having a partial intestinal obstruction and a decision was made to operate. The patient reported to the physician that he felt an ascending feeling from below to the throat, with audible booming sounds. When having an attack, the patient clenched his teeth, closed his eyes and suffered greatly. In a few minutes the gas descended and the syndrome subsided. Before an operation was performed a TCM decoction was given for relief. As he had vomited out ascarides, Pills of Fructus Mume (for prescription, see Clause 338) was given and the syndrome finally subsided. An operation was thus avoided.

## CLAUSE 66

Abdominal distention after perspiration can be treated with Decoction of Cortex Magnoliae Officinalis, Rhizoma Zingiberis Recens, Rhizoma Pinelliae, Radix Glycyrrhizae and Radix Ginseng (1).

## NOTES

1. Perspiration has hurt the Yang Vital Energy of the Spleen, which is likely to cause stagnancy of the Yang Vital Energy. This is manifested by abdominal distention.

*Shanghan Lun Yishi* (11 p. 535): Abdominal distention may be divided into two categories: Excess and Deficiency. Abdominal distention caused by Excess is manifested by indigestion in the intestine that has hampered the normal function of the intestine causing constipation. The corresponding symptoms and signs of such ailment include abdominal pain and hardness, a tenderness that will aggravate when it is pressed. Pulse was excessive and tongue coating was thick. Treatment should be the adoption of purgative. Abdominal distention caused by Deficiency is manifested by the failure of Spleen Yang in circulating the Water and Fluid causing the distention. Although the abdomen is distended, it will not resist a pressure and it is soft and invites massage and warm things. Pulse is deficient, weak and strengthless, or deficient-huge, and becomes strengthless when pressed deeply. Tongue coating is thin and pale. Diarrhea may occur sometimes. The abdominal distention discussed in this clause is caused by the evanescence of Yang Vital Energy owing to profuse perspiration. When the Spleen Yang Vital Energy is deficient, it fails to exercise its normal function of circulation and transmission. The decoction is used in this clause to tonify the Deficiency and help the Spleen to recover its function so as to eliminate the distention.

Decoction of Cortex Magnoliae Officinalis, Rhizoma Zingiberis Recens, Rhizoma Pinelliae, Radix Glycyrrhizae and Radix Ginseng  
(*Houpo Shengjiang Banxia Gancao Renshen Tang*):

Cortex Magnoliae Officinalis

0.5 jin

Rhizoma Zingiberis Recens	0.5 <i>jin</i>
Rhizoma Pinelliae	0.5 <i>sheng</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Radix Ginseng	1 <i>liang</i>

Stew the above five drugs in one *dou* of water till three *sheng* are left. Filter the decoction and take three doses a day of one *sheng* each dose.

*Explanation of the Prescription:* This decoction is efficacious both in tonifying and reducing. Cortex Magnoliae Officinalis dredges through the abdominal distention, Rhizoma Pinelliae resolves the stagnancy, and Rhizoma Zingiberis Recens stimulates the Yang Vital Energy. Radix Ginseng and Radix Glycyrrhizae Praeparata tonify the Spleen and Stomach.

*Acupuncture Points:* Shangwan (RN 13), Qihai (RN 6), Gongsun (SP 4), Huangshu (KI 16).

## CASES

Case 1 (11 p. 537): Case Recorded in "*Mingyi Lei'an*"

Doctor Zhang Luyu treated a general in the army who was suffering from abdominal distention and diarrhea. Decoction composed of Radix Scutellariae and Radix Paoniae had made the case more severe. Pulse was grand, excessive and speedy, but became soft when pressed deeply. This was a case caused by the Humidity-Heat that hampered the normal function of Spleen and Stomach Vital Energy. Decoction of Cortex Magnoliae Officinalis, Rhizoma Zingiberis Recens, Rhizoma Pinelliae, Radix Glycyrrhizae and Radix Ginseng was prescribed. After taking two doses of the decoction, abdominal distention and diarrhea subsided, but there was no appetite. Two doses of Decoction of Rhizoma Pinelliae *Xiexin*\* were then given for a full recovery.

\*See Clause 149.

Case 2 (25 p. 601):

Male patient, 24, had been suffering from a cold and coughing. After the syndrome subsided the patient began to experience abdominal distention and general fatigue. Pulse was tight and slender, tongue coating was thin, white and greasy. This was a case caused by the stagnation of Vital Energy resulting from Spleen Deficiency. The following decoction was prescribed:

Cortex Magnoliae Officinalis	9 grams
Rhizoma Zingiberis Recens	12 grams
Rhizoma Pinelliae	15 grams
Radix Glycyrrhizae Praeparata	9 grams
Radix Codonopsis Pilosulae	15 grams
Excrementum Bombycis	15 grams

After taking four doses of the decoction the syndrome was gone.

## Case 3 (12 p. 43):

Male patient, 39, was feeling well after a recent gastric resection. However, after he went back home he began to feel fullness and distention in the gastric region and abdomen. Retching and constipation also resulted. Even if when he was having only a liquid diet he still felt full and distended. Pulse was slender and weak, tongue was white and moist. Although the abdominal distention in this case was caused by the side effect of an operation, which was different from *Shanghan Lun*'s cases of "abdominal distention after the adoption of diaphoretic," the symptoms were the same. So, the decoction in Clause 66 with additions was given:

Radix Codonopsis Pilosulae	12 grams
Rhizoma Pinelliae	9 grams
Fructus Aurantii	6 grams
Cortex Magnoliae Officinalis	9 grams
Radix Glycyrrhizae Praeparata	6 grams
Fructus Citri Sarcodactylis	9 grams
Radix Aucklandiae	6 grams
Rhizoma Zingiberis Recens	3 slices

After taking five doses, the patient felt a down flowing movement in the abdomen and abdominal distention and retching subsided greatly. Another 20 doses were given, with one dose in one or two days. After treatment for two months all the syndrome was gone. One year later when the doctor called the patient, no recurrence was reported and the patient was putting on weight.

## Case 4 (17 p. 97): Hepatitis

Male patient, 40, first treatment on November 30, 1966. In January that year hepatitis was diagnosed. After being treated in hospital improvement had been made, but in the evening the patient had severe abdominal distention, repeated flatulence, distention and pain on both ribs and bad appetite. The stool was hard at first and became watery later. Pulse was tightslippery. Tongue coating was thin, white and greasy. This was a case of the rampage of Humidity resulting from Spleen Deficiency. Decoction recorded in this clause was given:

Cortex Magnoliae Officinalis	6 grams
Rhizoma Zingiberis Praeparata	10 grams
Rhizoma Pinelliae	12 grams
Radix Codonopsis Pilosulae	12 grams
Semen Cardamomi Rotundi	6 grams
Rhizoma Cyperi	6 grams
Radix Curcumae	12 grams
Radix Aucklandiae	4.5 grams

The above decoction was given one dose per day. After taking some 30 doses, abdominal distention and all the other symptoms disappeared and liver function returned to normal. When the doctor called the patient in October 1980 no recurrence was reported.

Case 5 (18 p. 204):

Doctor Chen Shenwu once supervised a young physician in his clinical practice who was treating a patient suffering from abdominal distention with the decoction, but it did not seem to work. Doctor Chen re-examined the patient and the prescription the young physician had prescribed. The prescription was right and should be efficacious if the proportion of the ingredients were regulated in this way: to increase the dosage of Cortex Magnoliae Officinalis from 9 grams to 18 grams, and to reduce Radix Codonopsis Pilosulae and Radix Glycyrrhizae Praeparata from 9 grams to 3 grams. When this alteration was made the decoction worked.

## CLAUSE 67

Febrile disease caused by Cold: After adoption of an emetic or purgative, the patient feels fullness in the chest, an ascending air coming to the chest, and dizziness when getting up (1), with a deep and tense pulse. If diaphoresis is adopted, the nourishment of the Channels and Collaterals will be exhausted, thus causing trembling and shaking of the body (2). Decoction of Poria, Ramulus Cinnamomi, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae fit this case.

## NOTES

1. All the symptoms and signs are caused by stagnant Water and Fluid, a consequence of the mistaken application of an emetic and a purgative which hurt the Stomach Yang Vital Energy in its normal control of Water and Fluid circulation.

2. When diaphoresis is mistakenly adopted, the Channels and Collaterals lose the nourishment of the Body Fluid, which has been exhausted by perspiration. This will cause trembling and shaking of the body.

Decoction of Poria, Ramulus Cinnamomi, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae

(*Fuling Guāzhi Baizhu Gancao Tang*):

Poria	4 <i>liang</i>
Ramulus Cinnamomi	3 <i>liang</i>
Rhizoma Atractylodis Macrocephalae	2 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>

Stew the above drugs in six *sheng* of water till three *sheng* are left. Filter the decoction and take three doses of one *sheng* each dose.

*Explanation of the Prescription:* Ramulus Cinnamomi stimulates the Vital Energy and brings down the ascending air. Radix Glycyrrhizae Praeparata assists the Yang Vital Energy of Stomach. Poria and Rhizoma Atractylodis Macrocephalae stimulates the Water and Fluid circulation.

*Shanghan Lun Yishi* (11 p. 540): Compared with Decoction of Poria, Ramulus Cinnamomi, Radix Glycyrrhizae and Fructus Ziziphi Jujubae in Clause 65, both decoctions have similar ingredients (only one ingredient is different). But their efficacy is widely different (see Table 19).

TABLE 19. DIFFERENTIATION OF DECOCTION OF PORIA, RAMULUS CINNAMOMI, RHIZOMA ATRACTYLODIS MACROCEPHALAE AND RADIX GLYCYRRHIZAE (I), AND PORIA, RAMULUS CINNAMOMI, RADIX GLYCYRRHIZAE AND FRUCTUS ZIZIPHI JUJUBAE (II)

	Symptoms	Pathology	Function
Decoction I (Clause 67)	Fullness in chest, ascending gas coming to chest, dizziness when getting up, deep and tense pulse	After adoption of emetic and purgative, Stomach Yang is deficient, accumulation of Fluid in the Interior.	Rhizoma Atractylodis Macrocephalae is used to replenish the Spleen.
Decoction II (Clause 65)	Jumping sensation below the umbilicus like a running little pig starting to move	Yang Deficiency after diaphoretic is adopted; pathogenetic Water is about to move.	Fructus Ziziphi Jujubae and Poria are used to control Water circulation.

*Acupuncture Points*: Pishu (BL 20), Yinlingquan (SP 9), Taichong (LR 3), Qimen (LR 14).

## CASES

### Case 1 (19 p. 43):

Female patient, 52, had constipation with one defecation of hard feces every five or six days. The patient also had thirst but could not drink water. She had a feeling of ascending air in the chest with vertigo, palpitation and fullness. The ascending gas was aggravated at night with more severe vertigo. Slight edema prevailed all over the body. Urination was scant. Tongue was pale and swelling with slippery and watery coating.

Diagnosis: The case was caused by the deficient Yang of the Heart and Spleen which enabled the Water to ascend abnormally. When Water circulation was hampered, Body Fluid could not deploy evenly in the body, causing constipation and little urination.

Treatment: To warm the Yang and promote its activity to circulate the Water and to bring down the adverse ascending. The decoction was given as follows:

Poria	1 <i>liang</i>
Ramulus Cinnamomi	3 <i>qian</i>
Rhizoma Atractylodis Macrocephalae	3 <i>qian</i>
Radix Glycyrrhizae Praeparata	2 <i>qian</i>

After taking two doses of the above decoction, vertigo, palpitation and ascending all subsided greatly. The second decoction is given:

Poria	1 <i>liang</i>
Ramulus Cinnamomi	4 <i>qian</i>
Rhizoma Atractylodis Macrocephalae	3 <i>qian</i>
Radix Glycyrrhizae Praeparata	2 <i>qian</i>
Rhizoma Alismatis	4 <i>qian</i>

After taking two doses, the patient was no longer thirsty and feces were defecated smoothly. The third prescription:

Ramulus Cinnamomi	3 <i>qian</i>
Poria	8 <i>qian</i>
Rhizoma Alismatis	4 <i>qian</i>
Polyporus Umbellatus	3 <i>qian</i>
Rhizoma Zingiberis Recens	3 <i>qian</i>
Radix Aconiti	3 <i>qian</i>
Radix Paeoniae	3 <i>qian</i>

Three doses of the above decoction brought forth a full recovery.

#### Case 2 (19 p. 43):

Male patient, 36, first treatment on November 15, 1961. After a hard day's work the patient was sweating all over. He then drank two big bowls of cold water. The next morning he suddenly felt uncomfortable in his epigastrium, which lasted for some ten days. He then felt short of breath as if he was panting. Fullness in the intercostal regions and chest, vertigo and dimness of vision, and bad appetite, depressed mind, and dysuria were all symptoms which lasted several months. Before the patient went to the hospital he had been given Pills of Kidney Vital Energy (Pills of Eight Drugs), but this was not effective. When he went to the hospital he was examined again and found to have a deep-tight and slippery pulse and thick and greasy tongue coating.

Diagnosis: This was a typical case caused by stagnation of Water and Fluid. Decoction of Poria, Ramulus Cinnamomi, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae with additions was given to replenish the Spleen so as to work away the Fluid retention:

Poria	5 <i>qian</i>
Ramulus Cinnamomi	2 <i>qian</i>
Rhizoma Atractylodis Macrocephalae	5 <i>qian</i>
Radix Glycyrrhizae	1.5 <i>qian</i>
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	3 pcs.

Two days later, when the patient visited the doctor for another treatment after taking two doses of the above decoction, the syndrome had subsided a lot, so the same decoction with increased dosage was prescribed:

Poria	12 <i>qian</i>
Ramulus Cinnamomi	3 <i>qian</i>
Rhizoma Atractylodis Macrocephalae	10 <i>qian</i>

Radix Glycyrrhizae	3 <i>qian</i>
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	7 pcs.

The third treatment: All the symptoms subsided after taking the above decoction. As the patient was of weak build, the same decoction with addition of Radix Codonopsis Pilosulae (5 *qian*) and Radix Astragali Praeparata (5 *qian*) in five doses was prescribed.

Case 3 (21 p. 114): Myocardial Infarction and Coronary Heart Disease

Doctor Liu Duzhou treated a patient (male, 42) with myocardial infarction who had been in the hospital for two months. The patient had precordial pain, dyspnea, palpitation and a feeling of being frightened to death. During an attack the patient felt gas rushing to the throat and dyspnea. Cold sweat broke out all over the body. The pulse was tight and slow-uneven, and the tongue pale and coated with white. This was a case caused by the deficient and exhausted state of the Heart Yang, which failed to control the Water circulation, resulting in the abnormal ascending of gas and causing chest problems. Treatment was to replenish the Yang Vital Energy in its normal downward movement so as to control the ascending Water and tranquilize the Heart:

Poria	6 <i>qian</i>
Ramulus Cinnamomi	3 <i>qian</i>
Rhizoma Atractylodis Macrocephalae	2 <i>qian</i>
Radix Glycyrrhizae Praeparata	2 <i>qian</i>
Os Draconis	4 <i>qian</i>
Concha Ostreae	4 <i>qian</i>

After taking three doses of the above decoction, the patient had no more cold sweats, but the pulse remained slow-uneven and palpitations still occurred. Precordial pain occurred sometimes. There was an insufficiency of Heart Yang and Blood. Drugs to tonify the Heart Deficiency and promote the Water circulation were prescribed as follows:

Poria	4 <i>qian</i>
Ramulus Cinnamomi	3 <i>qian</i>
Cortex Cinnamomi	1 <i>qian</i>
Fructus Schisandrae	2 <i>qian</i>
Radix Glycyrrhizae Praeparata	2 <i>qian</i>

Six doses of the above decoction made it possible for the patient to leave the hospital as electrocardiogram showed great improvement. Further treatment continued at home.

Case 4 (26 p. 54): Otogenic Vertigo

Male patient, 62, had been suffering from tinnitus for more than ten years. When tinnitus occurred, the patient experienced vertigo as if he was sitting in the air. A Western medical doctor diagnosed the case as "otogenic vertigo." When the patient was treated by TCM he was given the following prescription:

Poria  
 Ramulus Cinnamomi  
 Rhizoma Atractylodis Macrocephalae  
 Radix Glycyrrhizae

adding:

Caulis Bambusae in Taeniam  
 Scorpio  
 Radix Paeoniae Rubra

Three doses worked and ten doses healed the ailment. According to a study in the *Compilation of Research Studies* (Vol. 5, p. 8, 1976) of Chengdu College of TCM, the following prescription is also efficacious to various kinds of vertigo:

Poria  
 Ramulus Cinnamomi  
 Rhizoma Atractylodis Macrocephalae  
 Radix Glycyrrhizae

adding:

Rhizoma Pinelliae  
 Cortex Magnoliae Officinalis  
 Fructus Ziziphi Jujubae

#### Case 5 (26 p. 55): Vertigo Caused by High Blood Pressure

High blood pressure caused by stagnation of Fluid owing to Yang Deficiency gives the symptoms of vertigo and dimness in vision, heaviness in head and neck, palpitation, insomnia, lumbago and back pain, aversion to cold and inclination to warmth with deep-tight pulse and pale tongue with white coating. Such ailments can be treated by adoption of Decoction of Poria, Ramulus Cinnamomi, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae. The following case is an example:

Male patient, 54, blood pressure 170/100 mm.Hg. He had the following symptoms and signs: vertigo that made it difficult for him to read a newspaper for a long time, faltering when walking, aversion to cold in the extremities, general fatigue, coughing with white sputum, bad appetite, deep-tight pulse and white, greasy tongue coating. The following was prescribed:

Poria  
 Ramulus Cinnamomi  
 Rhizoma Atractylodis Macrocephalae  
 Radix Glycyrrhizae

adding:

Radix Aconiti  
 Rhizoma Alismatis

Ten doses of the above decoction cured the ailment.



## Case 6 (26 p. 56): Disease of the Cardiovascular System

Diseases of the cardiovascular system that cannot be cured by digitalis because side effects are too harmful can be treated by Decoction of Poria, Ramulus Cinnamomi, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae, Powder of *Shengmai* (ingredients: Radix Ginseng, Radix Ophiopogonis, Fructus Schisandrae) and Decoction of Radix Glycyrrhizae Praeparata (see Clause 177). According to *Tianjin Medical Journal*, 8: 503, 1967, Doctor Dong Xiaochu treated 96 cases of heart failure by using the above three prescriptions. Among the 96 cases, 39 cases achieved great improvement and 36 cases had remarkable improvement, totaling 77.1 percent of efficacy rate.

## Case 7 (18 p. 142): Diarrhea caused by Cold and Humidity

Female patient, 29, had abdominal pain around the umbilicus with intestinal booming sounds, watery stool, pale and yellow face complexion, faint voice, vertigo, palpitations, limp extremities and heavy waist, pale tongue with thin, white coating, soft and weak pulse. This was a case caused by the Yang Deficiency of the Spleen that had made the Cold and Humidity descending possible. Treatment was to replenish the Spleen so as to promote its function in circulating the Humidity, assisted by drugs to regulate the Liver Vital Energy:

Poria	30 grams
Ramulus Cinnamomi	9 grams
Rhizoma Atractylodis Macrocephalae	15 grams
Radix Glycyrrhizae	4.5 grams
Radix Aucklandiae	9 grams
Radix Paeoniae Alba	24 grams

Only two doses of the above decoction were required to help the patient get rid of the ailment.

## Case 8 (18 p. 143): Edema

Female, 29, was experiencing great thirst and drinking plenty of water bringing about palpitations, shortness of breath with slight asthma, nausea, profuse leukorrhea and swelling of both legs. Tongue coating was thin, white and greasy. Pulse was deep-slender and weak. This was an edema caused by an obstruction in the Interior hampering the normal function of Yang Vital Energy.

Poria	24 grams
Ramulus Cinnamomi	6 grams
Rhizoma Atractylodis Macrocephalae	15 grams
Radix Glycyrrhizae	6 grams

After taking two doses of the above decoction, the syndrome subsided considerably. Decoction of *Xiangsha Liujunzi* was given:

Radix Ginseng
Rhizoma Atractylodis Macrocephalae

Poria  
 Radix Glycyrrhizae Praeparata  
 Rhizoma Pinelliae  
 Pericarpium Citri Reticulatae  
 Radix Aucklandiae  
 Fructus Amomi

Case 9 (18 p. 143): Profuse Leukorrhea

Female patient, 24, had profuse leukorrhea while menstruation was normal. Other symptoms included abdominal pain around navel, slightly loose stool, lumbago, pale and yellow complexion, pale tongue with white and thin coating, deep-moderate and strengthless pulse. Case was caused by the rampage of Humidity and Deficiency of Spleen. Treatment was to replenish the Spleen and warm the Interior. The decoction was:

Poria	15 grams
Ramulus Cinnamomi	9 grams
Rhizoma Atractylodis Macrocephalae	15 grams
Radix Glycyrrhizae	6 grams
Radix Astragali	15 grams
Fructus Amomi	4.5 grams
Radix Paconiae Alba	12 grams

After two doses the patient was feeling well again.

Case 10 (18 p. 143): Excessive Thirst

Female patient, 43, had been suffering from excessive thirst for nine years. A Western medical doctor diagnosed the syndrome as disorder of vegetative nervous system. When the patient reported to the TCM doctor, she said she was suffering from repeated drinking at all times and was feeling depressed, with general fatigue, insomnia, dried tongue, soft-moderate pulse, nausea and gastric distention. Decoction of Poria, Ramulus Cinnamomi, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae with additions was given to promote the Water circulation and replenish Spleen function:

Herba Agastachis	9 grams
Poria	15 grams
Ramulus Cinnamomi	6 grams
Rhizoma Atractylodis Macrocephalae	15 grams
Radix Glycyrrhizae	6 grams
Rhizoma Pinelliae	12 grams
Semen Coicis	15 grams
Rhizoma Zingiberis	4.5 grams

After taking three doses the patient felt much better. Further treatment with similar decoctions within two months helped the patient to recover completely.

## CLAUSE 68

Deficiency (1) is the cause of symptoms when the syndrome is not gone but a chill is coming after the adoption of a diaphoretic. Decoction of Radix Paeoniae, Radix Glycyrrhizae and Radix Aconiti Praeparata should be adopted.

### NOTES

1. Deficiency both in the Yang Vital Energy and the Nutrient Essence after the adoption of diaphoretic.

Wu Qian's remark: There must be something wrong in the clause "when the syndrome is not gone but a chill is coming." The reason is that, if the syndrome is not gone, there should be a chill and thus no need to use the word "but" here. After the syndrome is dispersed, if there is a chill, it is just a manifestation of Deficiency. So the original text must be: "when the syndrome is gone but a chill is coming...."

Fang Youzhi: A chill before adoption of a diaphoretic manifests the existence of a strong pathogenetic factor and Excess in the Exterior. A chill after the adoption of a diaphoretic indicates the dispersion of the pathogenetic factor and Deficiency of the Exterior syndrome. After the pathogenetic factor is driven out, the Nutrient Essence is feeble and the Vital Resistance is loose. When a chill is observed, it must be a deficient case.

Decoction of Radix Paeoniae, Radix Glycyrrhizae and Radix Aconiti Praeparata (*Shaoyao Gancao Fuzi Tang*):

Radix Paeoniae	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	3 <i>liang</i>
Radix Aconiti Praeparata	1 <i>pc</i> .

Stew the above three drugs in five *sheng* of water till one *sheng* is left. Filter the decoction and take three doses of equal dosage.

*Explanation of the Prescription:* This is a curative for Deficiency both in Yang Vital Energy and Nutrient Essence. Diaphoresis causes the Deficiency in the Yang Vital Energy. Radix Aconiti Praeparata restores the Yang Vital Energy, Radix Paeoniae tonifies the Nutrient Essence and astringes perspiration. Radix Glycyrrhizae Praeparata is used to harmonize the Interior.

*Acupuncture Points:* Zusanli (ST 36), Sanyinjiao (SP 6), Guanyuan (RN 4), Qihai (RN 6).

### CASES

Case 1 (17 p. 105): Ischias

Male patient, 30, had pain in his right leg with referred pain to the waist for more than a year. When he visited the doctor on October 24, 1976, he recalled that last January, while traveling in the wild and sleeping in the open air at night when it was raining, he had a fever and was not able to walk for a few days. From then on, when-

ever he was exposed to cold and wind, his pain would become aggravated. When the doctor examined the patient, he found he had a pale face, tenderness on the right sciatic nerve. His pulse was deep-slender on all the six pulse positions; his tongue coating was thin and white. Decoction of *Radix Paeoniae*, *Radix Glycyrrhizae* and *Radix Aconiti* with additions was prescribed as follows:

<i>Radix Paeoniae Alba</i>	18 grams
<i>Radix Glycyrrhizae Praeparata</i>	6 grams
<i>Radix Aconiti</i>	18 grams
<i>Radix Angelicae Sinensis</i>	10 grams
<i>Ramulus Cinnamomi</i>	10 grams
<i>Herba Asari</i>	5 grams
<i>Caulis Akebiae</i>	3 grams
<i>Radix Linderae</i>	24 grams
<i>Herba Agastachis</i>	10 grams
<i>Fructus Ziziphi Jujubae</i>	4 pcs.
<i>Rhizoma Polygoni Cuspidati</i>	30 grams

Three doses were given for the first treatment, one dose each day, providing the patient with great relief. In the second prescription, dosage of *Radix Aconiti* was increased to 22 grams. After taking another three doses the patient threw away his walking stick and asked permission to go home. Doctor agreed to his leaving the hospital, giving him another six doses of the decoction for use at home. The patient had completely returned to normal in May 1977.

#### Case 2 (17 p. 106): Ischias, Menalgia, Hemicrania

Female patient, 36, began to suffer from ischias, menalgia, pain in legs and lumbar region after she was exposed to cold and wind in her puerperium. After a while hemicrania was added to the symptoms. Pulse was deep-slender and strengthless, tongue coating was thin and white. Ischias was acute. This was a case caused by invasion of Cold when the Blood was deficient. Decoction of *Radix Paeoniae*, *Radix Glycyrrhizae* and *Radix Aconiti* with additions was prescribed:

<i>Radix Paeoniae Alba</i>	18 grams
<i>Radix Glycyrrhizae</i>	9 grams
<i>Radix Aconiti Praeparata</i>	15 grams
<i>Radix Angelicae Sinensis</i>	12 grams
<i>Herba Asari</i>	3 grams
<i>Ramulus Cinnamomi</i>	10 grams
<i>Caulis Akebiae</i>	3 grams
<i>Radix Astragali</i>	18 grams
<i>Radix Linderae</i>	15 grams
<i>Fructus Ziziphi Jujubae</i>	4 pcs.

Ten doses were given to the patient over a period of ten days. When the syndrome subsided after taking the ten doses, another ten were given one every second day.

## CLAUSE 69

After the adoption of diaphoretic or purgative, if the syndrome is not gone and the patient is restless, prescribe Decoction of Poria *Sini* (1).

### NOTES

1. After the adoption of a diaphoretic and/or purgative, the syndrome does not subside but restlessness is added to the symptoms. From this we can understand that the adoption of either diaphoretic or purgative constitutes a mistreatment. Diaphoretic that has induced a perspiration also consumes the Yang Vital Energy and purgative that has brought forth a loose stool damages the Yin Vital Essence. For a rescue, Decoction of Poria *Sini* is to be adopted to revitalize the Yang and to restore the Yin. Decoction of Poria *Sini* embraces three decoctions: Decoction of *Sini* (Clause 29), Decoction of *Sini* adding Radix Ginseng (Clause 385) and Decoction of Rhizoma Zingiberis and Radix Aconiti (Clause 61). All the three decoctions have the efficacy of restoring the Yang and rescuing the adversity. Therefore, in addition to catering the symptoms of restlessness, Decoction of Poria *Sini* should suit all the syndromes as included in the above three decoctions. A comparison of Decoction of Rhizoma Zingiberis and Radix Aconiti and Decoction of Poria *Sini* will tell us their main difference in the following respects:

TABLE 20. COMPARISON OF DECOCTION OF RHIZOMA ZINGIBERIS AND RADIX ACONITI AND DECOCTION OF PORIA *SINI*

Decoction of Rhizoma Zingiberis and Radix Aconiti syndrome	Decoction of Poria <i>Sini</i> syndrome
Yang is deficient and Yin is rampant	Both Yin and Yang are deficient
Mild case, acute attack	Acute case, moderate onset
Small prescription	Compound prescription
To restore the Yang and restrain the Yin	To restore the Yang and rescue the Yin

Decoction of Poria *Sini*  
(*Fuling Sini Tang*):

Poria	4 <i>liang</i>
Radix Ginseng	1 <i>liang</i>
Radix Aconiti Praeparata	1 pc.
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Rhizoma Zingiberis	1.5 <i>liang</i>

Stew the above five drugs in five *sheng* of water till three *sheng* are left. Filter the decoction and take seven *ge* each dose, twice a day.

*Explanation of the Prescription:* Restlessness after perspiration indicates Deficiency in the Yang Vital Energy. Exhaustion of the Body Fluid after perspiration causes a

Deficiency of the Nutrient Essence. So Decoction of *Sini* (see Clause 29) is used to urgently restore the Yang Vital Energy. Radix Ginseng and Poria are used to tonify the Deficiency and restore the Body Fluid.

*Acupuncture Points:* Zhaohai (KI 6), Lieque (LU 7), Taiyuan (LU 9), Shenmen (HT 7).

## CASES

### Case 1 (22 p. 193): Restlessness

Adult patient of weak build suffered from severe restlessness and irritation. He was so severe that it made him bump his head against the wall. When he was brought to the doctor his relative reported that at first when he was not feeling well he had a headache and slight restlessness. Doctors who had treated him all used drugs of cold and cool quality, as he was suffering from restlessness, a symptom that was conventionally considered of heat nature. The more drugs of cold quality were taken, the worse the syndrome became. Complexion was blue and dark and the patient looked extremely depressed. He was panting all the time and had cold sweats and coldness in the extremities. Pulse was so deep and slender it was almost disappearing. Decoction of Poria *Sini* was prescribed:

Poria	30 grams
Radix Ginseng (from Korea)	30 grams
Radix Aconiti Praeparata	30 grams
Radix Glycyrrhizae	30 grams

The decoction was given to the patient urgently for quick efficacy. After taking it restlessness subsided. Another ten doses were given for a full recovery.

### Case 2 (22 p. 193): Fever Caused by Evanescence of Yang

Female patient, 35, was weak and had Deficiency in her Yang Vital Energy. While exposed to cold and wind she had a fever and aversion to cold, with more cold than fever. The syndrome was aggravated at night. She covered herself with thick quilts but still felt cold. Previously the patient had been treated by drugs of cool and pungent quality to disperse the Exterior syndrome and then was given purgatives of bitter and cold quality to loosen the bowels. All these contributed to the worsening of the syndrome, which brought the patient to bed. When the doctor examined the patient the following symptoms and signs were found: pale and lusterless face, low spirit, emaciation, profuse cold sweat, low voice, faint breath, coldness of extremities, extreme feeble pulse. The following was the prescription:

Poria	30 grams
Radix Aconiti Praeparata	30 grams
Radix Codonopsis Pilosulae	15 grams
Rhizoma Zingiberis	15 grams
Radix Glycyrrhizae	15 grams

Within two days seven doses were taken. Perspiration stopped and warmth returned to the feet. Pulse began to beat normally. Another 20 doses were given for a full recovery.

Case 3 (22 p. 194): Loss of Yang Resulting from Mistreatment of Malaria

Aged patient, 82, treated in 1956. The patient had been suffering from malaria for a long time. When there was an attack there was intermittent fever and chill, sometimes high fever with delirium, fullness and suffocation and pain in the chest. Pulse was deep and tight on all positions. Decoction of Greater Radix Bupleuri (see Clause 103) was given. After taking the decoction the patient had diarrhea and prostration. The doctor was sent for. When he arrived at the patient's house, he found the patient lying on the floor with a pale face and incontinent feces which was black in color. The patient clenched his teeth, unable to utter a word. Pulse on all the six positions was extremely deep and feeble. Coldness prevailed on the extremities. The following decoction was prescribed:

Poria	30 grams
Radix Aconiti Praeparata	24 grams
Rhizoma Zingiberis Praeparata	15 grams
Radix Ginseng	15 grams
Radix Glycyrrhizae	5 grams

The decoction was given urgently. After taking one dose diarrhea stopped and feet warmed up. Pulse returned to normal. After taking another three doses all the syndromes, including the malaria, were gone.

Case 4 (22 p. 194): Diarrhea of Cold Nature

Female patient, 22, had a history of diarrhea for a long time. She had diarrhea four to five times per day accompanied by intestinal booming sound. The stool was watery with undigested cereals without smell. After taking food the patient felt abdominal distention and pain. Lumbago was extremely acute. Complexion was blue and dark and she looked extremely depressed. Tongue was white and moist. Eyelids were swollen. Coldness prevailed on extremities. Although she had a slight fever she liked to put on thick clothes. Pulse was deep and slender. Menorrhagia and leukorrhea were reported. Decoction of Poria *Sini* was prescribed:

Poria	30 grams
Radix Aconiti Praeparata	21 grams
Rhizoma Zingiberis	15 grams
Radix Glycyrrhizae	12 grams
Halloysitum Rubrum	30 grams
Cortex Cinnamomi	9 grams
Fructus Amomi	9 grams

Twenty doses of the above decoction were taken before the syndrome was completely gone.

## Case 5 (22 p. 195): Tympanites

Male patient, 54, an alcoholic, was suffering from tympanites owing to his irregular life. At first the patient felt abdominal distention, but when pressed it was soft. The syndrome was aggravating to the point that it was hard when pressed and the patient could not take food. Other symptoms included: dark complexion, depression, panting, emaciation, scaly skin, watery stool of black and gray color, little urination, fullness and suffocation in chest and gastric region, cold extremities, white and greasy tongue coating, tight-huge and strengthless pulse. This was a case caused by the stagnation of the Humidity factor owing to Yang Deficiency. Treatment was to warm the Yang so as to disperse the Humidity:

Radix Aconiti Praeparata (stewed first)	30 grams
Rhizoma Zingiberis	30 grams
Radix Codonopsis Pilosulae	30 grams
Rhizoma Alismatis	30 grams
Rhizoma Atractylodis Macrocephalae	30 grams
Poria	60 grams
Pericarpium Arecae	45 grams
Radix Glycyrrhizae	12 grams
Rhizoma Zingiberis Recens	15 grams

After taking five doses the Yang was restored and the feet warmed up. Urination returned to normal. In the second treatment, drugs to facilitate the Water circulation, such as Polyporus Umbellatus and Ramulus Cinnamomi were added to the previous prescription. Twenty doses of such decoction were taken before the syndrome subsided greatly. Five months later when the patient visited the doctor, he told the doctor that he was able to do some light work.

## Case 6 (22 p. 196): Mania

Female patient, 41, developed mania after having a quarrel with her husband. Doctors had prescribed purgatives containing Radix et Rhizoma Rhei. The patient then began to quieten down and looked demented. Incoherent speech, palpitations and irritation, headache and insomnia, irrational joy and sorrow, cold extremities, white and watery tongue, deep and feeble pulse were the symptoms and signs after taking the purgative. The following decoction was given:

Poria	30 grams
Radix Codonopsis Pilosulae	15 grams
Radix Aconiti Praeparata	15 grams
Rhizoma Zingiberis	15 grams
Radix Glycyrrhizae	12 grams
Concha Ostreae	30 grams
Os Draconis	15 grams

After taking three doses the patient had a clear mind, headache subsided and extremities warmed up. The second treatment of ten doses of the following decoction was given:



Poria  
Ramulus Cinnamomi  
Rhizoma Atractylodis Macrocephalae  
Radix Glycyrrhizae  
Os Draconis  
Concha Ostreae

## CLAUSE 70

A feeling of chill after perspiration indicates a Deficiency (of the Yang Vital Energy). Feeling not chilled but feverish after perspiration indicates an Interior Excess. The remedy for Interior Excess is Decoction of *Tiaowei Chengqi* (1), which will harmonize the Stomach function (2).

### NOTES

1. See Clause 29.

2. Conventional treatment for febrile disease caused by Cold of the Initial Yang Channel is to induce a perspiration by adoption of diaphoretic. Owing to different builds of the patients, disease may evolve into two different complications after the adoption of diaphoretics: 1) Syndrome with Exterior Yang Deficiency; 2) Excessive syndrome with the pathogenetic factors invading the Greater Yang Channel.

a) Owing to the weak build of the patient, a perspiration will disperse the Exterior symptoms such as fever, headache and pain all over the body, but with the evanescence of Yang Vital Energy the patient still has a chill. If the syndrome aggravates, it may evolve into the phase of Lesser Yin. This is because Initial Yang and Lesser Yin are Exterior-Interior related. This is similar to Decoction of Radix Paeoniae, Radix Glycyrrhizae and Radix Aconiti syndrome in Clause 68.

b) In a patient who has strong Yang Vital Energy and stout build, profuse perspiration will exhaust the Body Fluid in the Stomach, causing the stagnation of Dryness and Heat in the Interior. So the patient is not having chills but has a fever. Therefore Decoction of *Tiaowei Chengqi* is given to slightly harmonize the Stomach Vital Energy.

*Acupuncture Points:* Zhigou (SJ 6), Yanglingquan (GB 34), Zhaohai (KI 6).

## CLAUSE 71

Initial Yang syndrome: After a diaphoretic is adopted, profuse perspiration will exhaust the Stomach Body Fluid. Consequently the patient feels restless, unable to fall asleep, and thirsty. Drinking a little water will harmonize the Stomach function and therefore bring about recovery. When a floating pulse, dysuria, light fever and great thirst (1) are observed, *Wuling Powder* can be prescribed as a remedy (2).

## NOTES

1. Great thirst: the term is “*Xiaoke*” in Chinese. Here it means the symptom of thirst after the patient has drunk water.

2. Improper perspiration may result in two complications: 1) Exterior syndrome may subside after adoption of diaphoretic but Dryness in the Stomach will cause restlessness and insomnia. The fact that the patient is thirsty and tends to drink water is a proof of insufficiency of the Body Fluid in the Stomach. In that case, only a small quantity of water is to be given to the patient to quench the thirst. Never serve too much water to the patient, or the patient may have stagnation of fluid in the Stomach when he is weak. Restlessness will evanesce when the Dryness is moistened by proper intake of water. 2) After adoption of diaphoretic, the syndrome still remains. Symptoms and signs include floating pulse, slight fever, thirst of water and dysuria. All these are caused by the invasion of pathogenetic factors resting at the Initial Yang Channel into the Urinary Bladder, bringing about stagnation of Water and Fluid. *Wuling Powder* is used to revitalize the Vital Energy so as to promote the Water circulation and disperse the remaining pathogenetic factors simultaneously.

*Wuling Powder*

(*Wuling San*):

Polyporus Umbellatus	18 zhu
Rhizoma Alismatis	1 liang 6 zhu
Rhizoma Atractylodis Macrocephalae	18 zhu
Poria	18 zhu
Ramulus Cinnamomi	0.5 liang

Pound the above drugs into powder. Wash down the powder with rice soup. Each dose one *Fangcunbi*.\* Three doses a day. Drink plenty of hot water. The syndrome is gone after perspiration.

\**Fangcunbi*: a) An ancient instrument for measuring medical powder. One *Fangcunbi* is equivalent to four or five milliliters, or two grams for mineral drugs, one gram for herbal drugs. b) See “Remark” under Clause 12.

*Explanation of the Prescription*: This medicament dispels the syndrome from both the Interior and Exterior. Poria, Polyporus Umbellatus and Rhizoma Alismatis lead the Water and Fluid flowing downward and smooth the urination. Rhizoma Atractylodis Macrocephalae nourishes the Spleen and dries Humidity. Ramulus Cinnamomi stimulates the Yang Vital Energy to facilitate Water circulation.

*Acupuncture Points*: Jinggu (BL 64), Taixi (KI 3), Zhongzhu (SJ 3), Pangguangshu (BL 28).

## CASES

Case 1 (11 p. 553): Case Recorded in “*Mingyi Lei'an*”

Male patient, 19, was suffering from febrile disease caused by Cold with symptoms of fever, and vomiting of food just taken. He liked to drink cold water, but had to

vomit the water out before long. Pulse was grand, huge, floating and slippery. After taking *Wuling Powder* the syndrome was gone.

Case 2 (27 p. 94):

Male patient, 32, first treatment on September 18, 1974. Clear fluid secreted from his right eye for more than three months. The secretion was clear and odorless. Pulse diagnosis did not show any pathological change. *Wuling Powder* was adopted:

Poria	6 grams
Polyporus Umbellatus	6 grams
Rhizoma Alismatis	9 grams
Rhizoma Atractylodis Macrocephalae	6 grams
Ramulus Cinnamomi	3 grams

Second treatment: After taking three doses of the above decoction, fluid secretion decreased a lot. Another three doses were given. When the patient came to visit the doctor for the third time he reported that secretion had stopped. After another month without taking any medicine, the syndrome did not recur.

Case 3 (27 p. 95):

Male child, 3, had been suffering from oral salivation for a long time. Previously his parents didn't consider this as abnormal and no treatment had been adopted. But recently salivation had become profuse, and his parents had to take him to the doctor. *Wuling Powder* was given for three doses. The syndrome subsided greatly so another three doses were given. Salivation stopped after the treatment.

Case 4 (13 p. 35): Abdominal Distention

Male patient, 50, stout build, suffered from abdominal distention every autumn and the syndrome gradually subsided when spring came. This had been so for three years. Abdominal distention was aggravated especially when it was cloudy and raining and it would occur after meals in most cases. Stool was sometimes dry, sometimes watery. Edema appeared on both legs. General fatigue, no appetite, deep and speedy pulse, thick tongue coating of bright yellow color deploying on the whole tongue were other symptoms and signs. Obviously this was a case caused by the failure of Spleen in its function of transmitting the Water and Fluid, which caused the stagnation of Water consequently. *Wuling Powder* was prescribed with doubled dosage of Ramulus Cinnamomi and Rhizoma Atractylodis Macrocephalae:

Poria	60 grams
Polyporus Umbellatus	15 grams
Rhizoma Alismatis	15 grams
Rhizoma Atractylodis Macrocephalae	15 grams
Ramulus Cinnamomi	15 grams
Semen Coicis	60 grams
Caulis Akebiae	10 grams

After taking five doses of the above decoction no apparent improvement was seen. However, the yellow coating began to disappear from the tip of the tongue, a sign of improvement, so another five doses were given. Tongue coating continued to disappear and appetite was improving. Edema on both legs disappeared, but abdominal distention remained as it was. The third treatment was the adoption of another five doses of the same decoction, then abdominal distention disappeared miraculously.

*Remark:* Tongue coating is a manifestation of the interior pathological condition. In this case, when no other symptoms and signs can be taken as a reference, the change of coating on the tongue is a very important evidence of the on-going change of the disease. From this case we can understand that tongue examination is a very important basis for diagnosis.

#### Case 5 (13 p. 36):

Female patient, 14, had severe edema and dysuria for more than ten days. Diuretic had been given but to no avail. Diagnosis: Severe edema of face and all over the body. Eyelids were so swollen that the patient could not open her eyes. Abdomen was as distended as a drum. No appetite, nausea, constipation and dysuria were also reported. Tongue was pale and coating was white and greasy. The syndrome was diagnosed as "nephrotic syndrome" by Western medicine and "edema caused by Yang Deficiency of the Spleen and Kidney." *Wuling Powder* with additions was prescribed:

Poria	15 grams
Polyporus Umbellatus	15 grams
Rhizoma Alismatis	15 grams
Rhizoma Atractylodis Macrocephalae	15 grams
Ramulus Cinnamomi	6 grams
Cortex Cinnamomi	6 grams
Semen Coicis	30 grams
Pericarpium Arecae	15 grams
Caulis Akebiae	10 grams

Within four days, the patient had more urination (about ten times a day) and edema began to retreat and appetite began to ameliorate. Drugs having a diuretic effect were subtracted gradually and drugs having the efficacy of tonification were added. After another ten doses of such treatment, the syndrome was completely gone.

#### Case 6 (22 p. 274): Diabetes Insipidus

Male patient, 7, drinking large amounts and profuse urination. Urinometer reading was 1.007. He was diagnosed as having diabetes insipidus. Diagnosis: Complexion and pulse were normal. Tongue coating was pale and slippery, looking as if a thin layer of paste had been deployed on the tongue. This case was caused by the stagnation of Water and Fluid that had hampered the normal deployment of Body Fluid, which induced the drinking of water. Ample drinking caused the profuse urination. *Wuling Powder* was prescribed to smooth the Water circulation:

Rhizoma Atractylodis Macrocephalae	12 grams
Poria	9 grams
Rhizoma Alismatis	6 grams
Ramulus Cinnamomi	6 grams
Polyporus Umbellatus	6 grams

Four doses of the above decoction brought forth a full recovery.

Case 7 (22 p. 274): Eczema

Male patient, 64, had eczema over the neck and both arms for many years. Other symptoms and signs included fluid secretion from the eczema, itching, slight aversion to cold, profuse perspiration, parched throat and thirst, normal stool, slightly yellow urine, thin and white tongue coating, soft and moderate pulse. Diagnosis: Yang Deficiency made it difficult to promote the Water circulation, causing the stagnation of Humidity factor resting on the skin. Treatment was to warm the Yang so as to assist its function in circulating the Water:

Poria	15 grams
Ramulus Cinnamomi	9 grams
Rhizoma Alismatis	9 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Semen Coicis	24 grams

After taking three doses of the above decoction the syndrome subsided greatly. Another three doses were given. A year later when the doctor visited the patient, no recurrence was reported.

Case 8 (22 p. 276): Syncope

Male patient, 18, was feeling gas rushing from below. When the gas rushed to the Stomach, nausea and vomiting occurred. When it arrived at the Heart, restlessness resulted. And when it reached the head, the patient would have a fainting spell. After a while when the gas descended, the patient came to himself again. Frequent urination with little quantity every time, deep pulse, pale tongue with white and slippery coating were the other signs reported. Diagnosis: When Water was stagnant at the Lower Portion of the Body Cavity, urination disturbance resulted. When the Water rushed upward, syndrome of syncope and restlessness would result. Treatment was to bring down the rushing gas and promote the Water circulation, to replenish the Yang and to curb the Yin:

Poria	30 grams
Rhizoma Alismatis	12 grams
Polyporus Umbellatus	9 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Ramulus Cinnamomi	9 grams
Cortex Cinnamomi	3 grams

Nine doses of the above decoction were taken before the syndrome completely subsided.

Case 9 (24 p. 35): Case Recorded in "*Sanyin Fang*" (a Book Written in 1174)

An epidemic was prevailing in the capital. When diaphoretics were adopted the patients died in large numbers. When purgatives were given the patients also died. So, *Wuling Powder* was given, and it worked wonders! This was an epidemic caused by pathogenetic Heat and Warmth. *Wuling Powder* was prescribed for treating seasonal epidemic with restlessness, irritation and delirium.

Case 10 (24 p. 36):

According to "*Jisheng Fang*," *Wuling Powder* adding Semen Plantaginis is good for treating disease caused by invasion of pathogenetic summer-Heat and Heat with symptoms and signs of diarrhea, restlessness and dysuria.

Case 11 (24 p. 36):

According to "*Zhizhi Fang*," *Wuling Powder* is effective in treating syndromes caused by Humidity factor and dysuria. It is also effective in treating great thirst with profuse drinking, red and little urination and stagnation of Water and Fluid under the epigastrium. Two *qian* of *Wuling Powder* washed down by water is the normal dose. In case of dysuria, Radix Stephaniae Tetrandrae should be added. It is also effective for hematuria.

## CLAUSE 72

*Wuling Powder* is also suited to the syndrome of restlessness and thirst for water with a floating-speedy pulse after perspiration (1).

## NOTES

1. This is a clause stating the pulse and symptoms and signs of Fluid-retention syndrome. In Clause 71, "light fever" is included in the symptoms. From this, we can infer that "light fever" should also be a symptom in this clause. Restlessness accompanied by thirst is a further development of "thirst," a definite development when Water is stagnant and fails to deploy all over the body. Restlessness and thirst in the *Wuling Powder* syndrome is caused by the failure of Water circulation, which brings about parched mouth and lips. But the tongue is not dry at all. Dysuria is also a necessary symptom. Although dysuria is not mentioned in the text, it must be omitted as the ancient people's writing style is different from ours. In another case when pathogenetic Heat prevails in the Stomach owing to the invasion of pathogenetic Heat into the Greater Yang Channel, restlessness and thirst may also present as symptoms, which should not be confused with that as described in Clause 72. For a better differentiation, the following table may help you:

TABLE 21. DIFFERENTIATION OF *WULING* POWDER AND DECOCTION OF *BAIHU*

<i>Wuling</i> Powder syndrome (Fluid-retention of Initial Yang)	Decoction of <i>Baihu</i> syndrome (Interior Heat of Greater Yang)
1. Initial Yang Bowels syndrome, Urinary Bladder fails to circulate Water, Body Fluid cannot be deployed over the body.	Greater Yang Channel syndrome, excessive Heat consumed the Body Fluid.
2. Exterior syndrome still prevails.	Exterior syndrome has subsided.
3. Pulse is floating and speedy.	Pulse is grand-huge or floating-slippery.
4. Symptoms manifesting the Fluid retention are present.	No such symptoms.

### CLAUSE 73

Febrile disease caused by Cold: *Wuling* Powder suits the syndrome with perspiration and thirst for water. Without thirst, Decoction of Poria and Radix Glycyrrhizae will serve as curatives (1).

### NOTES

1. Symptoms and signs under Clause 73 are more or less the same except for the symptom of "thirst" when it is compared to Clauses 71 and 72. From the drugs used in both decoctions, we can understand that Decoction of Poria and Radix Glycyrrhizae is a prescription effective to treating the pathological condition in the Middle Portion (as Poria and Rhizoma Zingiberis Recens are used); while *Wuling* Powder is a prescription suitable to ailment in the Lower Portion (as Poria and Rhizoma Alismatis are used). The following table will help:

TABLE 22. DIFFERENTIATION OF *WULING* POWDER AND DECOCTION OF PORIA AND RADIX GLYCYRRHIZAE

	<i>Wuling</i> Powder syndrome	Decoction of Poria and Radix Glycyrrhizae syndrome
Mechanism	Urinary Bladder fails to circulate Water, Body Fluid cannot deploy	Deficiency of Stomach Yang fails to deploy the Body Fluid
Location	Lower Portion	Middle Portion
Symptoms	1. Perspiration and thirst 2. Dysuria, abdominal uneasiness 3. No palpitation	Perspiration without thirst. Palpitation No abdominal uneasiness

Decoction of Poria and Radix Glycyrrhizae  
(*Fuling Gancao Tang*):

Poria	2 <i>liang</i>
Ramulus Cinnamomi	2 <i>liang</i>
Radix Glycyrrhizae Praeparata	1 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>

Stew the above four drugs in four *sheng* of water till two *sheng* are left. Serve the decoction in three doses.

*Explanation of the Prescription:* Poria stimulates the Water circulation. Radix Glycyrrhizae Praeparata harmonizes the Interior. Ramulus Cinnamomi, assisted by Rhizoma Zingiberis Recens, warms the Stomach and disperses the stagnant Water.

*Acupuncture Points:* Zusanli (ST 36), Yinlingquan (SP 9), Houxi (SI 3), Kunlun (BL 60).

## CASES

Case 1 (23 p. 60):

Cases being treated by Decoction of Poria and Radix Glycyrrhizae are hard to find. There has nevertheless been a case report (*Chengdu TCM College Review*, 1:11, 1960), recording the use of this decoction together with Decoction of Ramulus Cinnamomi, Poria, Radix Glycyrrhizae and Fructus Ziziphi Jujubae in treating 25 cases of cardiac disease with palpitation of Cold nature. The reason why this decoction is less frequently used than other decoctions is that it is similar to Decoction of Poria, Ramulus Cinnamomi, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae (Clause 67) and Decoction of Ramulus Cinnamomi, Poria, Radix Glycyrrhizae and Fructus Ziziphi Jujubae (Clause 65) and our practice has not reached the precision Zhang Zhongjing had reached in the differentiation of symptoms, signs and treatment.

## CLAUSE 74

Febrile disease caused by Wind: With both the Exterior and Interior syndromes, the patient is feverish and feels vexed for six to seven days. Though he is thirsty for water, he will still throw up any water while he drinks. This is called "Water Regurgitation." *Wuling Powder* will be a curative (1).

## NOTES

1. Yu Chang: Febrile disease caused by Wind bears the symptom of perspiration. If a diaphoretic is not adopted as required, spontaneous perspiration that has lasted for a long time cannot dispel the syndrome but will gradually exhaust the Body Fluid. When the pathogenetic factor intrudes into the Interior, the patient will feel restless and thirsty. When pathogenetic Heat brings stagnant Water and Fluid ascending to resist the intake of water, it is called "Water Regurgitation." After the patient washes down



*Wuling Powder* with hot water, he will have perspiration, which will dispel both the Exterior and the Interior syndromes.

*Acupuncture Points:* Jinggu (BL 64), Zhongzhu (SJ 3), Zusanli (ST 36), Zhongji (RN 3).

## CASES

Case 1 (13 p. 37):

Female patient, 45, had been suffering from restlessness and nausea for four years, accompanied by anorexia, parched mouth but reluctant to drink, suffocation in the stomach and general fatigue. Every night at about 12 o'clock there was an attack when the patient was restless, belching, having palpitation, vertigo, perspiration and great thirst. While she drank any water, she immediately vomited out the water just taken. Two hours later the syndrome subsided. The patient had been treated by many doctors but no improvement had so far been achieved. Diagnosis: Except for the above symptoms, the doctor also learned that there were dysuria, slight edema on both legs, deep and tight pulse, red tongue with hard coating. *Wuling Powder* adding *Rhizoma Pinelliae* and *Pericarpium Citri Reticulatae* was prescribed. After taking more than ten doses, the syndrome subsided completely. Then drugs to tonify the Vital Energy and reinforce the Spleen were given to the patient for a complete recovery.

Case 2 (18 p. 132): Case Recorded in "*Mingyi Lei'an*"

Male patient, 19, was having a febrile illness caused by Cold with fever. After taking any food the patient had to vomit. Even when he drank cold water he vomited too. Pulse was grand, huge, floating and slippery. This was a Water Regurgitation. *Wuling Powder* was given effectively.

## CLAUSE 75

Before the doctor feels the pulse, the patient presses his chest with interlaced fingers. When the doctor instructs him to cough, he fails to do it accordingly. He must be deaf (1). A grave Deficiency after profuse perspiration has caused the deafness. After perspiration, the patient will suffer asthma if he drinks too much water or washes his body (2).

## NOTES

1. Deafness can be either of a deficient or excessive nature. Since the patient presses his chest with interlaced fingers, it can be diagnosed that the deafness is of deficient nature.

2. After the loss of Body Fluid caused by perspiration, water should be served to the patient. But he should drink the water little by little. If he drinks too much, the water will stagnate in the Stomach, as the latter has been damaged by perspiration and cannot circulate the Water normally. The stagnant Water in the Stomach will ascend to affect the Lung, causing asthma. The Lung and skin are considered Exterior-Interior con-

nected.\* Therefore, when the skin is washed with water, the Lung will be affected, thus causing an asthma.

\*Exterior-Interior connected: The Five Viscera are connected with the relevant exterior parts or organs. Syndromes can transmit from one of the Viscera to the connected exterior parts or organs, and vice versa, as shown in the table from Clause 23:

Interior connected to Exterior:

Liver— tendons, eyes;  
Heart — blood vessels, tongue;  
Spleen— muscle, mouth;  
Lung— skin, hair, nose;  
Kidney— bone, marrow, ears, genitals, anus.

*Acupuncture Points:* Lieque (LU 7), Zhaohai (KI 6), Tinghui (GB 2), Yangchi (SJ 4).

## CLAUSE 76

After the adoption of a diaphoretic, the case will be an adverse one when the patient cannot take either water or medicine. If another dose of diaphoretic were adopted, the patient would have repeated vomiting and diarrhea and could not fall asleep because of restlessness of a deficient nature. When it is a serious case, the patient will toss and turn on the bed, feeling uneasy and vexatious. Decoction of Fructus Gardeniae and Semen Sojae Praeparatum can be adopted.

In case there is shortness of breath, Decoction of Fructus Gardeniae, Radix Glycyrrhizae and Semen Sojae Praeparatum will be the curative.

Or if there is vomiting, Decoction of Fructus Gardeniae, Rhizoma Zingiberis Recens and Semen Sojae Praeparatum fit the case.

Decoction of Fructus Gardeniae and Semen Sojae Praeparatum  
(*Zhizi Chi Tang*):

Fructus Gardeniae	14 pcs.
Semen Sojae Praeparatum (wrapped in silk)	4 ge

Stew Fructus Gardeniae in four *sheng* of water till 2.5 *sheng* are left. Put Semen Sojae Praeparatum in the decoction and stew it till 1.5 *sheng* is left. Serve the decoction in two doses when lukewarm. If there is an emesis, stop taking the rest of the dose.\*

\*Decoction of Fructus Gardeniae and Semen Sojae Praeparatum is not an emetic. So some commentators deleted this sentence. This will be the same case for all variations of Decoction of Fructus Gardeniae and Semen Sojae Praeparatum in the following clauses.

*Explanation of the Prescription:* Fructus Gardeniae, with bitter-taste and cold-quality, is used to disperse the restlessness of a Heat nature from the chest and Heart. Semen Sojae Praeparatum has the function of ascending and dispersing, so it is used to eliminate the Interior Heat. When the above two drugs are used in one decoction, they can eliminate the Heat syndrome from the chest and disperse the vexation.

Fang Youzhi: The patient could not fall asleep because of restlessness of a deficient nature. When the pathogenetic factor suddenly disappears, the Body Resistance becomes deficient. So the remaining pathogenetic Heat is moving around at the Interior, causing discomfort of the Stomach, uneasiness and vexation. Decoction of Fructus Gardeniae and Semen Sojae Praeparatum is used as an emetic to disperse the pathogenetic factor when it rests at the Upper Portion of Body Cavity. (According to the therapy of *Canon of Medicine*, when the pathogenetic factor is at the Upper Portion of the Body Cavity, an emetic can be adopted.)

Wang Hu: If it is a syndrome with restlessness of a deficient nature, how can the patient stand an emetic? The Deficiency mentioned here is a temporary Deficiency caused by the adoption of a diaphoretic, emetic, or purgative. When pathogenetic Heat still remains in the chest, the syndrome is suitable for an emetic.

*Remark:* Ideas differ as to whether this decoction is an emetic.

*Acupuncture Points:* Zusanli (ST 36), Shangwan (RN 13), Zhongwan (RN 12), Xiawan (RN 10), Dazhui (DU 14), Zhiyang (DU 9), Neiguan (PC 6), Zhubin (KI 9).

Decoction of Fructus Gardeniae, Radix Glycyrrhizae and Semen Sojae Praeparatum (*Zhizi Gancao Chi Tang*):

Fructus Gardeniae	14 pcs.
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Semen Sojae Praeparatum (wrapped in silk)	4 <i>ge</i>

Stew Fructus Gardeniae and Radix Glycyrrhizae Praeparata in four *sheng* of water till 2.5 *sheng* are left. Then put Semen Sojae Praeparatum in it and stew it till 1.5 *sheng* is left. Take the decoction in two doses when lukewarm. If there is emesis, stop taking the rest of the dose.

*Explanation of the Prescription:* Radix Glycyrrhizae Praeparata is added to tonify the Vital Energy and harmonize the Interior.

Decoction of Fructus Gardeniae, Rhizoma Zingiberis Recens and Semen Sojae Praeparatum (*Zhizi Shengjiang Chi Tang*):

Fructus Gardeniae	14 pcs.
Rhizoma Zingiberis Recens	5 <i>liang</i>
Semen Sojae Praeparatum (wrapped in silk)	4 <i>ge</i>

Stew Fructus Gardeniae and Radix Glycyrrhizae Praeparata in four *sheng* of water till 2.5 *sheng* are left. Put Semen Sojae Praeparatum in it and stew the decoction again till 1.5 *sheng* is left. Take the decoction in two doses when lukewarm. If there is emesis, stop taking the rest of the dose.

*Explanation of the Prescription:* Zingiberis Recens is added to stop emesis.

## CASES

### Case 1 (18 p. 22):

Female patient, 57, was suffering from restlessness and heartburn. When such symptoms occurred, the patient could hardly bear it and had to run away from home to find release in an open field. She also felt distention in the epigastrium and abdomen. Pulse was tight and speedy. The tip of tongue was red, and thick coating covered the root of tongue. Urine was yellow but there was no constipation. With all the above symptoms, if there had been constipation, Decoction of Lesser *Chengqi* (see Clause 208) could be used as a purgative to disperse all the symptoms. Since the stool was normal, it showed that the Heat with restlessness had not evolved into Excess (i.e. constipation). Therefore, Decoction of Fructus Gardeniae and Semen Sojae Praeparatum could be given as follows:

Fructus Gardeniae	12 grams
Fructus Aurantii Immaturus	9 grams
Cortex Magnoliae Officinalis	9 grams

One dose of the decoction relieved all the symptoms.

### Case 2 (18 p. 224):

Female patient, 25, had profuse vaginal bleeding for a few days accompanied by general fatigue, restlessness and light fever. Two doses of Decoction of Fructus Gardeniae and Semen Sojae Praeparatum reduced half of the blood discharge. So the patient requested more doses which led to a full recovery eventually.

### Case 3 (18 p. 224):

Female patient, in her seventies, had profuse epistaxis. She had been treated by many doctors who all prescribed drugs that could stop the bleeding, but they were not effective. All the symptoms reported to the doctor could be categorized as "restlessness caused by Deficiency." Decoction of Fructus Gardeniae and Semen Sojae Praeparatum was prescribed. Four or five days later the patient came to the doctor and expressed her thanks for a full recovery.

### Case 4 (12 p. 52):

Male patient, 24, had been suffering from febrile disease caused by Cold with symptoms of fever and aversion to cold, headache, no perspiration. Decoction of Herba Ephedrae in its original prescription was given. The patient perspired and the Exterior syndrome was gone. But after more than half a day the patient began to feel restless. The restlessness was aggravated to such an extent that the patient had extreme

restlessness and irritation with mental disorder and insomnia. Diagnosis: Restlessness and irritation. The patient pressed his chest and abdomen with his hands. No fever or chill. Pulse was slightly floating and speedy, especially on both Inch positions. Tongue was red on its tip and covered with white coating. When asked, the patient reported a serious restlessness and vexation that could not be depicted verbally. This was a case caused by the invasion of pathogenetic Heat into the Heart, which was a Decoction of Fructus Gardeniae and Semen Sojae Praeparatum syndrome:

Fructus Gardeniae	9 grams
Semen Sojae Praeparatum	9 grams

Two doses were taken before the syndrome was gone.

Case 5 (22 p. 72):

Male patient, in his thirties, had a fever for three or four days with restlessness, fullness, nausea, anorexia and thirst of hot water. Decoctions to disperse the Exterior Cold had been adopted, but to no avail. Pulse was speedy and mighty. Tongue coating was white and slippery. Decoction of Fructus Gardeniae and Semen Sojae Praeparatum was given:

Fructus Gardeniae	9 grams
Semen Sojae Praeparatum	18 grams

The decoction was taken in two doses. The next day all the syndrome was gone. As the patient was in weak build, drugs to tonify the Interior and replenish the Vital Energy were given to help the patient to recover.

Case 6 (22 p. 74): Cases Recorded in *Case Studies of Ye Tianshi*

1) Pathogenetic Wind and Humidity had invaded the Lung, causing the obstruction of Lung Vital Energy and accumulation of Heat. Coughing, skin rash, restlessness and suffocation were present. Tongue was coated and there was a headache. No thirst of water. Following was the prescription:

Fructus Gardeniae
Semen Sojae Praeparatum
Semen Armeniacae Amarum
Radix Scutellariae
Fructus Trichosanthis
Fructus Aurantii Immaturus

2) Pathogenetic Humidity and Heat invaded the upper part of body and the orifices bringing about symptoms of headache, epigastric distention and anorexia, abdominal pain, nausea, resembling cases of malaria or diarrhea. Doctors who treated the patient with drugs did not understand specific treatments to the Three Portions of the Body Cavity and therefore it was almost ineffective. The following prescription was given:

Semen Armeniacae Amarum  
Semen Sojae Praeparatum  
Exocarpium Citri Grandis  
Fructus Gardeniae  
Rhizoma Pinelliae  
Cortex Magnoliae Officinalis  
Talcum  
Radix Scutellariae

3) Male patient, 57, with small and tight pulse. After taking food, he felt hardness and fullness in the Stomach. The patient reported that while he was in bad temper he drank a lot and from then on the disease attacked repeatedly. This was a case with invasion of Wood (Liver) Fire to the Earth (Spleen) and the Stomach lost its function of descending. Drugs of bitter and pungent tastes were given to purge the ascending function:

Rhizoma Coptidis  
Radix Curcumae  
Semen Sojae Praeparatum  
Caulis Bambusae in Taeniam  
Rhizoma Pinelliae  
Cortex Moutan Radicis  
Fructus Gardeniae  
Rhizoma Zingiberis Recens

4) Mr. Wu was having white tongue, anorexia and no thirst. There was no stool for about ten days. Itching was experienced all over the body. Gurgling sound was heard over the abdomen. This case was caused by the evolution of Wind and Humidity into Heat that had hampered the circulation of the Vital Energy. Lung Vital Energy was to be ventilated so as to facilitate the circulation of Vital Energy and disperse the Humidity and Heat:

Semen Armeniacae Amarum  
Fructus Trichosanthis  
Radix Curcumae  
Fructus Aurantii  
Fructus Gardeniae  
Semen Sojae Praeparatum  
Radix Asteris

5) After the subsidence of febrile disease, the patient had anorexia, insomnia. This showed the imbalanced state of Stomach Vital Energy. Following was the prescription:

Fructus Gardeniae  
Rhizoma Pinelliae

Fructus Aurantii Immaturus  
Pericarpium Citri Reticulatae

6) Pulse on the right wrist was tight. When fever subsided, the patient felt fullness and suffocation in the epigastrium. Vomiting occurred. A diet should be adopted and drugs to clear the upper and middle portions should be practiced:

Semen Armeniacae Amarum  
Radix Curcumae  
Fructus Gardeniae  
Semen Sojae Praeparatum  
Semen Cardamomi Rotundi  
Fructus Aurantii

### CLAUSE 77

After adoption of a diaphoretic or purgative, when the patient is restless with fever and feels suffocated, prescribe Decoction of Fructus Gardeniae and Semen Sojae Praeparatum (1).

#### NOTES

1. Wang Hu: Why does the patient feel suffocated? Because the pathogenetic factor is in the chest. A purgative cannot disperse it as it rests above the diaphragm. Thus a dose of emetic can vomit it out.

### CLAUSE 78

Febrile disease caused by Cold, five to six days: After adoption of a drastic, the patient still has a fever and has a suffocating pain in the chest (1). Decoction of Fructus Gardeniae and Semen Sojae Praeparatum can be used to disperse the syndrome.

#### NOTES

1. After the adoption of a drastic, Exterior pathogenetic Heat intrudes into the Interior and forms a congelation. Decoction of Fructus Gardeniae and Semen Sojae Praeparatum still fit to the case.

### CLAUSE 79

Febrile disease caused by Cold: After adoption of a purgative, the patient becomes restless and has an abdominal distention either when lying in bed or otherwise. Decoction of Fructus Gardeniae and Cortex Magnoliae Officinalis is suitable in this case (1).

## NOTES

1. In *Shanghan Lun*, after adoption of purgatives, there may appear the symptoms of restlessness or abdominal distention. After adoption of purgative, fullness may appear in the following two cases: Excess and fullness caused by the Dryness and Heat in the Stomach and Intestine, which can be treated by Decoction of *Chengqi* (a purgative); Fullness in deficient nature caused by the stagnation of Vital Energy and Deficiency of the Spleen, which can be treated by Decoction of *Cortex Magnoliae Officinalis*, *Rhizoma Zingiberis Recens*, *Rhizoma Pinelliae*, *Radix Glycyrrhizae* and *Radix Ginseng* (see Clause 66). After the adoption of purgative, restlessness but without fullness may appear in the following two cases: The remaining Heat resting in the chest and diaphragm that causes the restlessness, which can be treated by Decoction of *Fructus Gardeniae* and *Semen Sojae Praeparatum* (Clause 76). Another case is that when the remaining Heat still prevails and the Body Fluid consumed, restlessness may also occur, which can be treated by Decoction of *Folium Bambusae* and *Gypsum Fibrosum* (see Clause 397). But in this case, after the adoption of purgative, both restlessness and abdominal distention appeared at the same time. It is a case similar to Decoction of *Fructus Gardeniae* and *Semen Sojae Praeparatum* syndrome, but abdominal distention is added to the symptoms. This shows the further deterioration of the syndrome. Therefore, in addition to *Fructus Gardeniae*, which is used to eliminate Heat and restlessness, *Cortex Magnoliae Officinalis* and *Fructus Aurantii Immaturus* are added to facilitate the normal flow of Vital Energy and disperse the fullness and stagnation.

Decoction of *Fructus Gardeniae* and *Cortex Magnoliae Officinalis*  
(*Zhizi Houpo Tang*):

<i>Fructus Gardeniae</i>	14 pcs.
<i>Cortex Magnoliae Officinalis</i>	4 <i>liang</i>
<i>Fructus Aurantii Immaturus</i>	4 pcs.

Stew the above three drugs in 3.5 *sheng* of water till 1.5 *sheng* are left. Take the decoction in two doses when lukewarm. If there is emesis, stop taking the rest of the dose.

*Explanation of the Prescription:* Abdominal distention and restlessness are caused by congelation of Heat in the chest and abdomen after the adoption of a purgative. *Fructus Gardeniae* is used to eliminate the Heat and restlessness. *Cortex Magnoliae Officinalis* and *Fructus Aurantii Immaturus* break through the congelation and facilitate the functioning of the Interior Vital Energy.

*Acupuncture Points:* Zhongchong (PC 9), Yinbai (SP 1), Jianshi (PC 5), Jiaoxin (KI 8).

## CLAUSE 80

Febrile disease caused by Cold: After taking drastic pills, if the patient still has a fever and slight restlessness, Decoction of *Fructus*



Gardeniae and Rhizoma Zingiberis can be adopted (1).

# NOTES

1. Wang Hu: Drastic pills cannot disperse the pathogenetic Heat, so the patient still has a fever. When pathogenetic Heat is still resting in the chest, restlessness results.

*Shanghan Lun Yushi*: Decoction of Fructus Gardeniae and Rhizoma Zingiberis syndrome appears after a drastic has been adopted. The syndrome is characteristic of Heat in the upper portion and Cold in the middle portion. Fever, slight restlessness show the invasion of pathogenetic factors at the upper portion. But how can we understand the pathological condition of Cold at the middle portion? This can be answered in the following two ways:

1) Adoption of drastic pills is a malpractice that has injured the Yang of Spleen and Stomach, causing the Cold and deficient condition of the middle portion.

2) From the ingredients in the prescription, we can infer that, since Rhizoma Zingiberis is used, there must be a Cold condition at the middle portion. Otherwise, that drug should not be included in the prescription. From this, we can also know that abdominal distention and pain should also be the symptoms of this syndrome, which is, as a rule, omitted, as the ancient Chinese language was always character-saving.

Decoction of Fructus Gardeniae and Rhizoma Zingiberis  
(*Zhizi Ganjiang Tang*):

Rhizoma Zingiberis	14 pcs.
Fructus Gardeniae	2 <i>liang</i>

Stew the above two drugs in 3.5 *sheng* of water till 1.5 *sheng* are left. Take the decoction in two doses when lukewarm. If there is emesis, stop taking the rest of the dose.

*Explanation of the Prescription*: Fructus Gardeniae eliminates restlessness and Heat from the Upper Portion of the Body Cavity. Rhizoma Zingiberis warms the Spleen and disperses Cold from the middle portion and abdomen. According to the assortment of drugs and the efficacy of the decoction, it is generally inferred that the symptoms and signs should also include the syndrome of a Cold nature, such as: abdominal pain, watery diarrhea, loose bowels and a gurgling sound in the intestines.

Wu Qian's remark: Decoction of Fructus Gardeniae and Rhizoma Zingiberis should be the prescription for Clause 78, while Decoction of Fructus Gardeniae and Semen Sojae Praeparatum listed under Clause 78 should be used here. As fever and restlessness (in Clause 80) are not suited to Rhizoma Zingiberis, the symptom of suffocated pain in chest (in Clause 78) does not require Semen Sojae Praeparatum.

*Acupuncture Points*: Daling (PC 7), Shenmen (HT 7), Waiguan (SJ 5), Jianli (RN 11).

# CASES

Case 1 (22 p. 240):

Male patient, strong build, had an attack of epigastric pain in early autumn.

First, he took some TCM decoctions and then went to a hospital of Western medicine and received the diagnosis of "acute gastritis" followed by treatment with sedatives and analgesics. But the pain remained acute for three days and nights. Diagnosis: Pulse was tight, speedy and mighty, tongue was red with yellow coating, restlessness, mouth bitterness, nausea and acute pain in the epigastric region. Decoction of Fructus Gardeniae and Rhizoma Zingiberis was given:

Fructus Gardeniae	15 grams
Fructus Meliae Toosendan	15 grams
Rhizoma Zingiberis Praeparata	3 grams

The decoction was served at 3:00 p.m. and the pain subsided at midnight. Two doses of the above decoction worked off the ailment.

## CLAUSE 81

Decoction of Fructus Gardeniae does not fit those who suffer from frequent diarrhea (1).

### NOTES

1. A patient who suffers from frequent diarrhea must have a Deficiency in the Spleen Yang Vital Energy. Fructus Gardeniae, bitter-taste and cold-quality, does not suit to cases of a deficient nature.

Comparison of Decoction of Fructus Gardeniae and Semen Sojae Praeparatum syndrome and its complications:

#### *Main Symptoms:*

- 1) Vexation and insomnia (a less severe case);
- 2) Toss and turn on bed, feeling uneasy and vexatious (a severe case);
- 3) Restlessness in Heat nature, suffocation in chest;
- 4) Fever, pain in the epigastrium.

#### *Also with symptoms of:*

- 1) Short of breath — Decoction of Fructus Gardeniae, Radix Glycyrrhizae and Semen Sojae Praeparatum (Clause 76);
- 2) Nausea — Decoction of Fructus Gardeniae, Rhizoma Zingiberis and Semen Sojae Praeparatum (Clause 76).

#### *Complications:*

- 1) Restlessness, abdominal distention either when lying in bed or otherwise — Decoction of Fructus Gardeniae and Cortex Magnoliae Officinalis;
- 2) Fever and slight restlessness — Decoction of Fructus Gardeniae and Rhizoma Zingiberis.

*Taboos:* Those who have watery stool and those whose Stomach and Intestine have Cold and Deficiency are not to take this decoction and its like.

## CLAUSE 82

Initial Yang syndrome: After the adoption of a diaphoretic, the patient has perspiration, but the syndrome is not gone. He still suffers from fever, palpitation, vertigo, muscle spasms, and trembling and shivering which are likely to cause him to fall down. Decoction of *Zhenwu* should be used as a remedy (1).

### NOTES

1. Explanation of the clause: This clause discusses the symptoms and signs caused by the abnormal ascending of Interior stagnant Water. A deficiency of Yang Vital Energy after perspiration has brought the syndrome into the Lesser Yin Channel.

Wu Qian: After profuse perspiration, if the syndrome is not gone, the Yang Vital Energy will flee from the Exterior. When the Interior Yang Vital Energy is deficient, there will be palpitation. Vertigo is caused when the deficient Yang Vital Energy cannot ascend to the head. When Deficiency of the Yang Vital Energy and exhaustion of the Body Fluid fail to nourish the Channels, muscle spasms, trembling, and shivering are likely to occur.

Decoction of *Zhenwu*  
(*Zhenwu Tang*):

Poria	3 <i>liang</i>
Radix Paeoniae	3 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Rhizoma Atractylodis Macrocephalae	2 <i>liang</i>
Radix Aconiti Praeparata	1 pc.

Stew the above five drugs in eight *sheng* of water till three *sheng* are left. Take three doses a day of seven *ge* each dose.

*Explanation of the Prescription:* As a result of profuse perspiration, a grave Deficiency of the Yang Vital Energy causes an abnormal ascending of stagnant Water and Fluid. This decoction warms the Yang Vital Energy of the Kidney to eliminate the stagnant Water and Fluid. Radix Aconiti Praeparata warms the Interior and disperses the Cold. Poria and Rhizoma Atractylodis Macrocephalae tonify the Stomach in its normal function of controlling Water and Fluid. Radix Paeoniae astringes the Yin and harmonizes the Yang. Rhizoma Zingiberis Recens stimulates the Yang Vital Energy.

*Acupuncture Points:* Guanyuan (RN 4), Zhongji (RN 3), Taixi (KI 3), Zusanli (ST 36).

### CASES

Case 1 (11 p. 579): Case Recorded in "*Mingyi Lei'an*"

Doctor Hua Boren once treated a patient who had a fever in summer. He was

treated by another doctor and was given 26 doses of Decoction of Lesser Radix Bupleuri. Before two doses were finished, the patient had profuse perspiration, severe aversion to cold and muscle spasms, all indicating the Loss of Yang. When Doctor Hua came to see the patient, he found out that the pulse was so slender it was barely discernible. The patient was given Decoction of *Zhenwu* immediately. After taking seven or eight servings of the decoction, the patient came to himself. Then, seven or eight pieces of Radix Aconiti were taken.

#### Case 2 (18 p. 34)

Male patient had edema of the four extremities with aversion to cold (the legs were colder), dysuria, abdominal distention and deep-feeble pulse. Decoction of *Zhenwu* was given:

Poria	12 grams
Rhizoma Atractylodis Macrocephalae	12 grams
Radix Paconiae Alba Praeparata	9 grams
Radix Aconiti Praeparata	9 grams
Rhizoma Zingiberis Recens	9 grams

After taking four doses urination returned to normal and edema began to subside.

#### Case 3 (18 p. 344): Headache

Male patient, 28, had a severe headache every night. When it occurred, the patient had to hit his head with his fists to obtain relief. Other symptoms included palpitations, shortness of breath, restlessness and irritation. The patient's face was dark and black and his eyes had lost their luster. Tongue was swollen with watery and slippery coating. Pulse was deep-tight and weak. Decoction of *Zhenwu* was given:

Radix Aconiti	12 grams
Poria	24 grams
Rhizoma Atractylodis Macrocephalae	6 grams
Rhizoma Zingiberis Recens	9 grams
Radix Paconiae Alba	9 grams
Ramulus Cinnamomi	9 grams
Radix Glycyrrhizae Praeparata	6 grams
Rhizoma Alismatis	12 grams

After taking four doses of the above decoction, headache subsided and palpitations disappeared. Another two doses were given to bring about a full recovery.

#### Case 4 (18 p. 344): Asthma

Male patient, 56, had been suffering from chronic asthma for a long time. When he caught a cold and overexerted, asthma would occur. When he reported his syndrome, the doctor learned that the patient was exposed to wind when he worked and had a profuse perspiration. Afterwards, he had fever and aversion to cold, asthma and coughing, and a feeling of distention in the chest as if a big piece of rock was on the

chest. There was also a feeling of ascending air in the throat that made it difficult for the patient to breathe. The patient was first given Decoction of Lesser *Qinglong* (Clause 38), which brought about fever and profuse perspiration. Other symptoms were vertigo, blue face, cold extremities, palpitation, shortness of breath, severe asthma and coughing that made the patient unable to lie quietly in bed, dysuria, pale tongue. The pulse was so deep and feeble it was barely discernible. This was a case caused by the malpractice of diaphoretics that had caused the Loss of Yang and the ascent of Water. Decoction of *Zhenwu* was the cure:

Radix Aconiti Praeparata	30 grams
Rhizoma Atractylodis Macrocephalae	12 grams
Radix Paeoniae Alba	12 grams
Poria	15 grams
Ramulus Cinnamomi	9 grams
Fructus Psoraleae	12 grams
Fructus Schisandrae	6 grams
Rhizoma Zingiberis Recens	30 grams

#### Case 5 (18 p. 345): Fright

Female patient, 32, was frightened when there was a fire. She had been in a state of Yang Deficiency and the fright made the Kidney and Heart Yang disturbed, which failed to control the pathogenetic Water, which, as a consequence, ascended from below the umbilicus up to the thorax. The patient was in a condition of frequent fright and irritation, had palpitations and insomnia. Depressed and tired, the patient had watery stools and secretion of saliva. Her face was pale, pulse was feeble and slender, especially at both Cubit, and it was slightly slippery on the left Inch. This was a case of invasion of pathogenetic Water to the Heart when Yang was deficient. Decoction of *Zhenwu* adding Os Draconis, Concha Ostreae and Ramulus Cinnamomi was prescribed. Three doses were given before the syndrome was gone.

#### Case 6 (22 p. 286): Spontaneous Perspiration

Mr. Liu was suffering from profuse spontaneous perspiration and was diagnosed by a doctor in a hospital as having functional disorder of the vegetative nervous system. No treatment was given. When he came to a TCM doctor, he was diagnosed as having exuberance of Water when Yang was deficient. Decoction of *Zhenwu* was the cure. After taking five doses perspiration stopped.

#### Case 7 (22 p. 287): Profuse Perspiration Causing Loss of Yang

Male patient, 34, was of weak build and caught a cold. After taking diaphoretics high fever dropped, but a tidal fever occurred in the afternoon. Drugs to disperse the Exterior syndrome in pungent and cool quality were adopted, but a high fever occurred again. Drugs in cool quality were then given, which brought forth a prolonged profuse perspiration. Vertigo, cold extremities, deep and slender pulse were also diagnosed. This was a case caused by the evanescence of deficient Yang when the Exterior was losing its function of defense. Decoction of *Zhenwu* was given:

Radix Aconiti Praeparata	30 grams
Radix Paeoniae Alba	30 grams
Rhizoma Atractylodis Macrocephalae	30 grams
Poria	30 grams
Rhizoma Zingiberis Recens	30 grams

When the decoction was ready it was given in small quantity at short intervals. The perspiration subsided greatly and the patient regained his spirit. After taking seven doses of the above decoction fever also dropped.

#### Case 8 (22 p. 290): Vascular Hypertension

Female patient, 70, had had hypertension for eight years, with symptoms and signs of headache, vertigo, tinnitus and deafness, incontinence of urine, cold extremities. The patient was putting on weight and had ample spitting of phlegm. She liked warm and hot food and drink. After drinking water she felt distended. Tongue was pale with slippery coating. Pulse was deep and slender, especially on the right wrist. Blood pressure was 230/118 mm.Hg. Decoction of *Zhenwu* was prescribed to warm the Yang and suppress the rampant Water:

Poria	9 grams
Rhizoma Atractylodis Macrocephalae	6 grams
Radix Aconiti	6 grams
Rhizoma Pinelliae Praeparata	9 grams
Rhizoma Zingiberis Recens	4.5 grams
Os Draconis	12 grams
Concha Ostreae	12 grams

Second treatment: Headache, vertigo greatly reduced and insomnia subsided. Blood pressure was 210/108 mm.Hg. The original prescription with addition of Fructus Schisandrae (3 grams) and Plastrum Testudinis (12 grams) was given.

Third treatment: On the basis of the second prescription, Pericarpium Citri Reticulatae (4.5 grams) and Semen Sinapis Albae (6 grams) were added. Blood pressure remained 200/100 mm.Hg. on average and all the other symptoms were greatly reduced.

### CLAUSE 83

When the patient suffers from a parched throat, diaphoresis is prohibited (1).

#### NOTES

1. A parched throat reflects an insufficiency of Body Fluid in the Stomach and Lung. In such a case, the patient cannot stand any more diaphoresis, which is likely to further exhaust the Body Fluid.

Yin Blood is the source of the Body Fluid. If there is an insufficiency in Yin and Blood, Yang is rampant at the upper part. At this moment, if diaphoretic is forcibly

given to induce a perspiration, a malpractice is resulted and spitting blood or epistaxis may occur. This is a thing that deserves our attention in treating the Exterior syndrome by adoption of diaphoresis.

*Acupuncture Points:* Shaoshang (LU 11), Shangyang (LI 1), Lieque (LU 7), Zhaohai (KI 6).

#### CLAUSE 84

Diaphoresis is prohibited when the patient has urinary dripping (1). If it is adopted, the patient will suffer hematuria (2).

##### NOTES

1. Patient suffering from urinary dripping (*Linzheng*, urination disturbance including pains during urination, pollakiuria, dysuria, and dripping of urine) usually has a Kidney Deficiency and Heat in the Urinary Bladder. Diaphoresis will aggravate the pathogenetic Heat, which is likely to cause hematuria.

2. Since this is a case with Yin Deficiency and Heat, a prescription with pungent and cool-quality drugs with addition of drugs that can eliminate the Heat and tonify the Yin can be given as a treatment.

*Acupuncture Points:* Guanyuan (RN 4), Qihai (RN 6), Shenshu (BL 23), Yongquan (KI 1).

#### CLAUSE 85

Diaphoresis is prohibited for a patient with generalized skin sores even when he has body aches (1). If it is given, the patient will suffer spasms (2).

##### NOTES

1. Body aches are caused by the Exterior syndrome.

2. Sores on the skin causes Deficiency in the Nutrient Essence (Blood). Diaphoresis will exhaust the Nutrient Essence (Blood). When tendons lose the nourishment, spasms will occur. In case a diaphoretic is needed, drugs that can nourish the Blood, such as *Radix Angelicae Sinensis* and *Radix Rehmanniae Praeparata*, should be added to the prescription.

*Acupuncture Points:* Zusanli (ST 36), Sanyinjiao (SP 6), Guanyuan (RN 4), Zhongwan (RN 12).

#### CLAUSE 86

Diaphoresis is prohibited for frequent epistaxis sufferers (1). If it is adopted, the patient will have tense and protruding veins on the forehead, with immovable eyeballs and insomnia (2).

## NOTES

1. A patient who has frequent epistaxis suffers a loss of Blood. A further loss of the Nutrient Essence (Blood) by perspiration will obviously bring about the syndrome as stated above.

2. Those who suffer from frequent epistaxis must have Yin Deficiency and exhaustion of the Body Fluid. Sweat is originated from the Body Fluid, which should not be induced unless it is badly needed. In order to protect the already insufficient Body Fluid, a diaphoretic should be used mildly to bring about a moderate perspiration.

*Acupuncture Points:* Renzhong (DU 26), Baihui (DU 20), Zusanli (ST 36), Dazhui (DU 14).

## CLAUSE 87

Diaphoresis is prohibited for those who suffer from frequent hemorrhage. When it is adopted, there will be trembling and shivering with chills (1).

## NOTES

1. This is a pathology very similar to that in Clause 68.

*Acupuncture Points:* Taixi (KI 3), Guanyuan (RN 4), Zusanli (ST 36), Zhongwan (RN 12).

## CLAUSE 88

Diaphoresis is prohibited for those who have frequent perspiration. In case diaphoresis is adopted, the patient will become restless and illusive. After passing urine, he suffers a urodynia (1). Limonitum Pills (2) are suitable in this case.

## NOTES

1. The patient who has frequent perspiration suffers weakness in the Vital Resistance. Weakness of the Vital Resistance causes loss of Body Fluid. If diaphoresis is adopted again to cause further loss, then the patient will suffer a Deficiency both in Yin and Yang. Heart Deficiency of Yang makes him restless and illusive. Kidney Deficiency of Yin causes urodynia.

2. The prescription for Limonitum Pills (*Yuyuliang Wan*) is missing.

Wu Qian's remark: Limonitum Pills are a remedy that can stop diarrhea and thus not applicable to the syndrome described in this clause. "Limonitum Pills are suitable in this case" must be a copying mistake and should therefore be deleted.

*Acupuncture Points:* Shenmen (HT 7), Zhizheng (SI 7), Zhaohai (KI 6), Chengjiang (RN 24).



**CLAUSE 89**

Diaphoresis is prohibited to those who suffer from a Stomach Deficiency of a Cold nature. A dose of diaphoretic will make the Stomach colder, which will bring ascarides out (1).

**NOTES**

1. See Clause 338 for reference.

*Summary of Clauses 83-89:* All these clauses refer to the taboos of diaphoresis, which are listed below:

- Clause 83 — parched throat;
- Clause 84 — urinary dripping;
- Clause 85 — skin sores;
- Clause 86 — epistaxis sufferers;
- Clause 87 — hemorrhage;
- Clause 88 — those having frequent perspiration;
- Clause 89 — Stomach Deficiency of a Cold nature.

**CLAUSE 90**

A dose of purgative is given when diaphoresis is required. This is a wrong treatment. It is correct if a diaphoretic is first served. On the contrary, a dose of diaphoretic is the wrong treatment when a purgative is required. It is correct if a purgative is given (1).

**NOTES**

1. This is a clause discussing the principle of treatment and the priorities. When there is an Exterior syndrome, diaphoretic should be given as a priority. This is because when the pathogenetic factors begin to invade the body, they first attack the skin and muscle. Diaphoretic should be given at this time to disperse the pathogenesis. This is the conventional treatment. But when the syndrome is complicated with the Interior syndromes, we have to analyze the syndromes and the priorities in accordance with the conditions of the Exterior and the Interior syndromes. That which is more acute should be treated first and that which is less serious can be treated later. As a rule, Exterior syndrome should be treated first and Interior the second. A violation of this rule will constitute a malpractice. After diaphoretic is adopted and the Exterior syndrome is done away with, then purgative can be used to deal with the Interior pathological condition, if it is necessary. But there are cases when the Interior syndromes are too acute to wait — in cases of constipation, pain around the navel, delirium, abdominal distention and aversion to cold, etc., that the Interior syndrome can be treated in priority on

condition that the Exterior syndrome is not too serious. Nevertheless, analysis should be made to find out the most urgent syndrome before a practical treatment is prescribed.

## CLAUSE 91

Febrile disease caused by Cold: After the adoption of a purgative, the patient has continuous diarrhea with undigested food (1) and suffers from general aching. Decoction of *Sini* should be used as a remedy to rescue the Interior syndrome (2). When the patient has normal urination and evacuation but only feels an aching in the body, Decoction of Ramulus Cinnamomi can be adopted to dispel the Exterior syndrome (3).

### NOTES

1. Diarrhea with undigested food: Symptom of extreme Deficiency in the Stomach and Spleen (gastrointestinal tract).

2. When the syndrome is at both the Interior and Exterior with deficient Body Resistance and Interior Deficiency, the Interior syndrome should be dealt with first (as in this clause). When the Body Resistance is strong with an excessive syndrome at the Exterior and Interior, either the Exterior syndrome can be treated first as shown in Clause 106, or dispel the syndrome from the Exterior and Interior simultaneously as shown in Clause 270. The above analysis is an important therapeutic principle known as: Exterior first, Interior second; and Interior first, Exterior second.

3. Both Clauses 34 and 163 and this clause describe the complications and all of them bear the symptom of diarrhea. Table 23 on the next page will show you the difference.

*Acupuncture Points:* Qihai (RN 6), Shenque (RN 8), Houxi (SI 3), Shenmai (BL 62).

## CLAUSE 92

While the patient suffers a headache and a fever, the pulse is deep (1). If the syndrome is not gone and the patient has a general aching, Decoction of *Sini* should be prescribed to rescue the Interior syndrome.

### NOTES

1. Headache and fever are symptoms of the Exterior syndrome. A deep pulse is the reflection of the Interior Deficiency. Thus the syndrome is not in conformity with the pulse. For the treatment of such a case, the pulse should be taken as a priority in diagnosis. Therefore the Interior Deficiency should be treated first.

*Acupuncture Points:* Shenque (RN 8), Guanyuan (RN 4), Zusanli (ST 36), Neiting (ST 44).

TABLE 23. DIFFERENTIATION OF CLAUSE 34, CLAUSE 163, AND CLAUSE 91

Clause	Pathology	Symptoms	Treatment
34	After adoption of Decoction of <i>Ramulus Cinnamomi</i> in an Initial Yang syndrome, pathogenetic Heat penetrates into the Interior.	Continuous diarrhea, asthma and perspiration	Decoction of <i>Radix Puerariae</i> , <i>Radix Scutellariae</i> and <i>Rhizoma Coptidis</i>
163	After adoption of purgative, Exterior syndrome still exists. Cold prevails in Stomach and Intestine in an Initial Yang syndrome.	Continuous diarrhea, fullness and distention under epigastrium	Decoction of <i>Ramulus Cinnamomi</i> and <i>Radix Ginseng</i>
91	After adoption of purgative in an Initial Yang syndrome, Exterior syndrome still exists and the Interior is Cold. It is a serious case.	Continuous diarrhea with undigested cereals, general aching	To rescue the Interior, use Decoction of <i>Sini</i> (Clause 29), then use Decoction of <i>Ramulus Cinnamomi</i> to treat the Exterior.

### CLAUSE 93

Initial Yang syndrome: When syndrome is not gone after taking a dose of purgative, diaphoresis is adopted again. Then a deficiency at both the Exterior and the Interior is caused. The patient is getting dizzy. Perspiration will bring harmonization of the Exterior. The Exterior syndrome will be gone when the Exterior is harmonized. After that, a purgative can be adopted to treat the Interior syndrome (1).

### NOTES

1. "Interior syndrome" here indicates urination and defecation. Since a purgative is to be adopted, we can understand that the syndrome here only indicates constipation.

*Explanation of the Clause:* Symptoms of headache, aversion to cold and floating pulse suggest an Exterior syndrome of the Initial Yang Channel, which should be treated by adoption of diaphoretics. But instead, purgative has been adopted. This of course cannot heal the disease. When this fails, the doctor practices the diaphoretics, which is not a wrong treatment. As the previous purgative has damaged the Body Resistance, a dose of diaphoretic cannot disperse the pathological condition from the Exterior but only makes the Exterior being deficient. When both the Interior and the Exterior are deficient, pathogenetic factors will hamper the lucid Yang in its upward movement, causing the dizziness. Although the patient is dizzy, his Body Resistance is not yet very deficient. So there is chance for a recovery when the Body Fluid may restore gradually. Then pathogenetic factors may be dispelled from the Exterior and a perspiration may bring a state of harmonization. In case of a constipation, a purgative can be used.

#### CLAUSE 94

Initial Yang syndrome: Before the syndrome is gone, the pulses both at Yin and Yang are coming to a still (1). The patient first shivers with cold, then perspires. The syndrome is thus gone. When the pulse is feeble at Yang (under the fore-finger), the syndrome will be gone after a diaphoretic is adopted. Or if the pulse is feeble at Yin (under ring-finger), a purgative, Decoction of *Tiaowei Chengqi* (see Clause 29), will be a curative (2).

#### NOTES

1. The pulse comes to a still: Here it indicates a peaceful and steady pulse.
2. According to the text, the adoption of a diaphoretic or purgative depends on a diagnosis of Yin and Yang nature of the feeble pulse.\* But when a diaphoretic or purgative is to be adopted there must be observation of relative symptoms.

\*Feeble pulse: Feeble pulse here is not a real feeble pulse. It is actually a pulse feeble and slender, caused by the existence of a pathogenetic factor which has obstructed the normal flow of the Vital Energy in the Channel. Differentiation should be made to the nature of "feeble pulse."

#### CLAUSE 95

Initial Yang syndrome: Symptoms of fever and perspiration signify a strong Vital Resistance and a weak Nutrient Essence (1). Decoction of *Ramulus Cinnamomi* should be adopted to disperse the pathogenetic Wind (2).

#### NOTES

1. When Wind attacks the Exterior, the strong Vital Resistance fights against the

Wind, thus causing a fever. Perspiration makes the Nutrient Essence weak. This is called "Strong Vital Resistance and weak Nutrient Essence."

2. This clause is a further explanation of Decoction of Ramulus Cinnamomi syndrome, which can be read in comparison with Clauses 12, 53 and 54.

## CLAUSE 96

Febrile disease caused by Cold or Wind: After five to six days, when the patient has intermittent chills and fevers (1), feels a distention and a sensation of oppression in the chest and costal region (2), reluctant to speak and eat, restless and nauseous, prescribe Decoction of Lesser Radix Bupleuri (3).

### NOTES

1. Intermittent chills and fevers: Coming and going chills and fevers (*wanglai hanre*), fever and chill appear intermittently, like malaria.

2. "In chest and costal region": Same as "in chest."

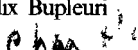
3. Explanation of the clause: After five to six days of febrile disease caused by Cold or Wind, there appear the symptoms and signs of intermittent chills and fevers, distention and a sensation of oppression in the chest and costal region, reluctant to speak and eat, restless and nauseous, which serve as an indication of the subsidence of the Initial Yang syndrome and the onset of Lesser Yang — half Exterior and half Interior syndrome. The intermittent chills and fevers of Lesser Yang are different from the fever and aversion to cold in a syndrome of Initial Yang Channel: fever and aversion to cold may appear at the same time in an Initial Yang syndrome; but in Lesser Yang's intermittent chills and fevers, chill and fever do not appear at the same time, they appear intermittently, and this is one of the characteristics of the Lesser Yang syndrome. It is also different from the intermittent fever and chills of malaria, which occur at definite time every day, every other day or every three day. But the chills and fevers in Lesser Yang may appear at any time. The intermittent chills and fevers, as seen by ancient scholars, as a phenomenon showing the struggling condition of the pathogenesis vs. Body Resistance.

Distention and a sensation of oppression in the chest and costal region: This is a location of the half Interior and half Exterior.

Reluctance to speak and eat: When the Liver is invaded by pathogenetic factors, it affects the normal functioning of the Spleen and the Stomach.

Restlessness and nausea: Pathogenetic Heat resting in the Gall Bladder hampers the Stomach function, which ascends abnormally to cause restlessness and nausea.

All the other complications arising from the case may also be treated by Decoction of Lesser Radix Bupleuri.

Decoction of Lesser Radix Bupleuri  
(*Xiao Chaihu Tang*): 

Radix Bupleuri

0.5 jin

Radix Scutellariae	3 <i>liang</i>
Radix Ginseng	3 <i>liang</i>
Rhizoma Pinelliae	0.5 <i>sheng</i>
Radix Glycyrrhizae Praeparata	3 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.

Stew the above seven drugs in one *dou* two *sheng* of water till six *sheng* are left. Filter the decoction and stew it till three *sheng* are left. Take three doses a day with one *sheng* as a dose.

*Subtractions and Additions of the Decoction:*

1. To be restless but not nauseous: Take away Rhizoma Pinelliae and Radix Ginseng, add Fructus Trichosanthis (1 piece);
2. With thirst for water: Take away Rhizoma Pinelliae, increase Radix Ginseng to 4.5 *liang*, add Radix Trichosanthis (4 *liang*);
3. With abdominal pain: Take away Radix Scutellariae, add Radix Paeoniae (3 *liang*);
4. With mass below the costal margin: Take away Fructus Ziziphi Jujubae, add Concha Ostreae (4 *liang*);
5. With palpitation and dysuria: Take away Radix Scutellariae, add Poria (4 *liang*);
6. No thirst of water but with a slight Exterior fever: Take away Radix Ginseng, add Ramulus Cinnamomi (3 *liang*). Cover the patient with quilt to obtain a light perspiration.
7. With coughing: Take away Radix Ginseng, Fructus Ziziphi Jujubae and Rhizoma Zingiberis Recens, add Fructus Schisandrae (0.5 *sheng*) and Rhizoma Zingiberis (2 *liang*).

*Explanation of the Prescription:* Symptoms and signs of chills and fevers which come and go, distention and oppression of the chest and costal region, reluctance to speak and eat, restlessness and nausea, are symptoms of a syndrome suitable for Decoction of Lesser Radix Bupleuri. The above are also the principal symptoms of Lesser Yang Channel syndromes.

When the pathogenetic factor rests between the Interior and the Exterior, or in other words, "half Exterior and half Interior," it is a Lesser Yang syndrome. The dredging function of Radix Bupleuri leads the pathogenetic factor leaking out from the Exterior. Radix Scutellariae eliminates the Heat from the half Exterior and the half Interior. Rhizoma Pinelliae eliminates sputum and reduces nausea. Radix Ginseng tonifies the Deficiency. Radix Glycyrrhizae Praeparata harmonizes the Interior function. Rhizoma Zingiberis Recens and Fructus Ziziphi Jujubae aids Radix Ginseng and Rhizoma Pinelliae to harmonize the Vital Resistance and Nutrient Essence.

*Acupuncture Points:* Principal acupoints: Zulinqi (GB 41) and Waiguan (SJ 5). Other points may be applied in cases of:

- 1) Daling (PC 7) — restlessness without nausea;

- 2) Shaoshang (LU 11) — thirst;
- 3) Neiguan (PC 6) — abdominal pain;
- 4) Guanchong (SJ 1) — distention in costal region;
- 5) Zhongwan (RN 12) and Guanyuan (RN 4) — palpitation and dysuria;
- 6) Houxi (SI 3) and Jinggu (BL 64) — no thirst, slight fever;
- 7) Feishu (BL 13) and Yangxi (LI 5) — coughing.

## CASES

### Case 1 (18 p. 296):

Doctor Qi Binghui treated a female patient who had intermittent chills and fevers and bitterness in mouth; parched throat; reluctance in taking food and hallucinations. The patient reported having seen something red flashing before her. When the doctor was sent for and examined the patient, he found that it was a case of Decoction of Lesser Radix Bupleuri syndrome. As the eyes are linked to the Liver, when pathogenetic Heat invades the Liver and the Gall Bladder hallucinations might occur. Decoction of Lesser Radix Bupleuri adding Radix Angelicae Sinensis, Rhizoma Cyperi, and Cornu Antelopis was prescribed. Several doses of the above decoction worked off the ailment completely.

### Case 2 (18 p. 297):

Female patient, 32, first treatment on January 11, 1945. The patient had had febrile disease caused by Cold for some five days. The patient reported to the doctor that she had intermittent chills and fevers, thirst and bitterness in mouth, constipation and insomnia. Her pulse at all positions was tight, huge and speedy. Tongue was covered with thick and dry coating. Her husband reported that five days ago when his wife was skating on a lake, she said that she was feeling extremely cold and that day happened to be the first day of her menstruation. The next day her menstruation suddenly came to a stop and she began to have intermittent chills and fevers. Since her tongue coating was thick and dry and constipation was reported, it must be a case of Lesser Yang with Interior Excess. In Clauses 144 and 145, the text said: "Febrile disease caused by Wind for women: The patient has tidal fevers and chills during the seventh or the eighth day when menstruation is just coming to an end. That is a case of an Invasion of Heat into the Blood Cavity. Congelation of the Blood causes tidal chills and fevers like malaria. Decoction of Lesser Radix Bupleuri should be adopted to cure the disease." "Febrile disease caused by Cold for women: At the onset of menstruation, the patient is feverish, delirious, and insane at night, but returns to consciousness in the day. These are the symptoms of an Invasion of Heat into the Blood Cavity. Be careful not to disturb the Stomach Vital Energy and the Upper and Middle Portions of the Body Cavity, and selfhealing will occur." In accordance with the instructions as quoted above, harmonization should be practiced. Purgative is prohibited. Decoction of Lesser Radix Bupleuri adding drugs that cool the Heat in Blood and remove the stasis and moisten the dryness (laxative) was given as follows:

Radix Bupleuri	12 grams
Radix Scutellariae	9 grams
Rhizoma Pinelliae	9 grams

Radix Codonopsis Pilosulae	9 grams
Radix Rehmanniae	12 grams
Radix Salviae Miltiorrhizae	9 grams
Fructus Trichosanthis	9 grams
Fructus Cannabis	12 grams
Radix Glycyrrhizae	3 grams
Fructus Ziziphi Jujubae	3 pcs.
Rhizoma Zingiberis Recens	2 slices

After taking only one dose chills and fever subsided and bowels were opened. The patient had a better appetite and could sleep well at night. In the second treatment the following drugs were given to deal with the remaining Heat:

Radix Rehmanniae	12 grams
Radix Scrophulariae	9 grams
Radix Ophiopogonis	9 grams
Radix Trichosanthis	12 grams
Herba Artemisiae Chinghao	9 grams
Radix Bupleuri	4.5 grams
Fructus Gardeniae	9 grams
Herba Lophatheri	9 grams
Radix Glycyrrhizae	3 grams

Two doses were taken before the syndrome was completely gone.

#### Case 3 (18 p. 298): Malaria

Male patient, 24, had had chills and fever for four days in early autumn. Every afternoon at two, the patient had chills and shivers and fever at the same time. Temperature was 40 °C. At dusk there was a perspiration and the fever subsided. There was headache, pain all over the body, nausea, suffocation in chest, anorexia and tight and speedy pulse, with thin and white tongue coating. This was a Lesser Yang syndrome, which should be treated by adoption of Decoction of Lesser Radix Bupleuri:

Radix Bupleuri	9 grams
Radix Scutellariae	9 grams
Rhizoma Pinelliae	9 grams
Herba Artemisiae Chinghao	15 grams
Rhizoma Zingiberis Recens	2 slices
Fructus Ziziphi Jujubae	5 pcs.

After taking three doses of the above decoction chills and fever subsided.

*Summary:* *Lenglu Yihua*, a book of medical discussions and case studies, said that "Some people said that in treating malaria, Radix Bupleuri is a must drug." This is because malaria is a syndrome of the Lesser Yang Channel. Since Decoction of Lesser Radix Bupleuri is the principal cure for Lesser Yang syndrome, Radix Bupleuri must be used. Doctor Wang Mengying treated malaria with Decoction of Lesser Radix



Bupleuri and had the following symptoms and signs as the principal basis: nausea, pain over the costal region, no thirst, aversion to cold, and slightly white tongue coating. Modern pharmacological studies showed that Radix Bupleuri has the function of restraining the production of malarial parasites.

#### Case 4 (18 p. 299): Jaundice

Jaundice with intermittent chills and fever, anorexia, nausea, bitterness in mouth, parched throat and vertigo could be categorized into Lesser Yang syndrome, or in Western medicine, acute cholecystitis, acute onset of chronic cholecystitis, icteric hepatitis. Treatment was the adoption of Decoction of Lesser Radix Bupleuri subtracting Radix Ginseng, Radix Glycyrrhizae, Rhizoma Zingiberis Recens and Fructus Ziziphi Jujubae and adding Herba Artemisiae Scopariae, Fructus Gardeniae and Herba Lysimachiae. If abdominal fullness and constipation were observed, Decoction of Lesser Radix Bupleuri adding Natrii Sulfas, etc. could be used.

#### Case 5 (22 p. 132): Common Cold

Male patient, 38, first treatment on February 13, 1959. He had had a cold for four days with headache, vertigo, and intermittent chills and fever. Nausea, fullness and suffocation in the chest and stomach, and tight-speedy pulse were also found. This was a case of invasion of pathogenetic Cold into the Lesser Yang Channel. Treatment was the adoption of Decoction of Lesser Radix Bupleuri as a harmonization:

Radix Bupleuri	9 grams
Radix Scutellariae	9 grams
Rhizoma Pinelliae	9 grams
Rhizoma Zingiberis Recens	3 slices
Radix Codonopsis Pilosulae	9 grams
Radix Glycyrrhizae	6 grams
Fructus Ziziphi Jujubae	4 pcs.
Flos Chrysanthemi	15 grams

In the second treatment, the following prescription was given to deal with the remaining hemicrania:

Radix Bupleuri	9 grams
Radix Scutellariae	9 grams
Rhizoma Pinelliae	9 grams
Rhizoma Zingiberis	3 pcs.
Herba Schizonepetae	9 grams
Radix Ledebouriellae	4.5 grams

Only two doses were taken in the first and second treatments to bring about a full recovery.

#### Case 6 (22 p. 133): Chronic Fever

Male patient, 37, had had a fever of 37 °C in the morning and 38-39 °C

in the afternoon for more than three months. Chills occurred first and then came the fever. The syndrome subsided at night. Other symptoms and signs included: general fatigue, bitterness in mouth, parched throat, fullness and suffocation in chest and stomach, nausea, anorexia, constipation and yellow-reddish urine. Tongue was red, covered with yellow and greasy coating. Pulse was tight-slender and speedy. Diagnosis: This was a case of imbalance of the Interior and the Exterior with condensed Heat at the Interior. Decoction of Lesser Radix Bupleuri adding Herba Artemisiae Scopariae was prescribed. After taking six doses the syndrome was gone.

Case 7 (22 p. 133): Afternoon Fever in Pulmonary Tuberculosis

Male patient, 40, had suffered from pulmonary tuberculosis for eight years. Two years ago he began to have fevers every afternoon with chest fullness and suffocation caused by accumulation of phlegm. After using streptomycin the syndrome still remained, accompanied by dimness in vision, tinnitus, poor appetite, pale and white complexion, tight-slender and speedy pulse. This was a case caused by the deficient Lung that had made the invasion of excessive Liver Vital Energy possible. Treatment was the adoption of Decoction of Lesser Radix Bupleuri. After taking two doses, the patient felt much better and Decoction of Lesser *Jianzhong* (Clause 100) was prescribed and taken repeatedly as a tonification.

Case 8 (22 p. 135): Septicemia

Male patient, 16, was hospitalized for his high fever and chills. On July 24, 1965, the patient began to feel chills and fever, headache and vertigo, and had general malaise. On the fourth day the syndrome was aggravated. He was treated by a TCM doctor and given nine doses of medicinal decoctions without effect. On August 6 temperature went up to 39.2 °C and he was taken to a hospital and given injections of drugs. At night the patient felt severe chills, followed by a high fever and sweating which reduced the fever. In the recent three days, the patient had chills and fever from 8:00 a.m. to midday and from 2:00 p.m. to midnight, then a perspiration and a release. Temperature varied from 39.7 °C to 37.8 °C, accompanied by headache, parched and bitter mouth, thirst, suffocation in the chest, anorexia, red and little urination. Diagnosis by Western medicine suggested a case of septicemia. Diagnosis by TCM: Overlapping of syndromes of the Lesser Yang and Greater Yang with Lesser Yang as the main syndrome. Decoction of Lesser Radix Bupleuri is the cure:

Radix Bupleuri	9 grams
Radix Scutellariae	15 grams
Rhizoma Pinelliae	6 grams
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	4 pcs.
Radix Glycyrrhizae	3 grams
Radix Trichosanthis	9 grams

After taking three doses of the above decoction the syndrome remained as it was. There was constipation, bitterness and parched mouth, white-yellow greasy tongue coating, and tight and speedy pulse. Pathogenetic Heat had accumulated in the Interior — Greater

Yang syndrome now prevailed. Decoction of Greater Radix Bupleuri was given:

Radix Bupleuri	12 grams
Radix Scutellariae	15 grams
Radix Paeoniae Alba	9 grams
Rhizoma Pinelliae	9 grams
Fructus Aurantii Immaturus	9 grams
Radix et Rhizoma Rhei	9 grams
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	4 pcs.
Rhizoma Coptidis	6 grams
Radix Trichosanthis	15 grams

August 13: After taking one dose of the above decoction there seemed to be no improvement. The same decoction (change Radix Bupleuri into 9 grams and Radix Scutellariae into 12 grams) was prescribed. Two doses were taken each day.

August 16: Chills and fever attacked only once a day. Fever only occurred in the evening. There was perspiration but fever did not subside. Bitterness and parched mouth without thirst, general fatigue, red urine, greasy stool, white and greasy tongue coating, tight, slippery and speedy pulse were also present. This could be a case of invasion of pathogenetic Heat into Yin Blood. Acupuncture on Dazhui (DU 14) and the following decoction (*Qinghao Biejia Tang*) with additions and subtractions were adopted:

Herba Artemisiae Chinghao
Rhizoma Aconitum
Carapax Trionycis
Radix Rehmanniae
Cortex Moutan Radicis

August 18: Intermittent chills and fever still present twice a day. There was bitterness in mouth and no stool for two days. Pulse was tight-speedy. Decoction of Lesser Radix Bupleuri adding Radix et Rhizoma Rhei was given:

Radix Bupleuri	12 grams
Radix Scutellariae	9 grams
Rhizoma Pinelliae	9 grams
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	4 pcs.
Radix Glycyrrhizae	3 grams
Radix Pseudostellariae	12 grams
Radix et Rhizoma Rhei	9 grams

Two doses were taken each day. Fever began to drop and chills died down. After five days, body temperature became normal and the syndrome began to subside. One dose was then given each day for two days. On August 26 the patient was fully recovered and left home.

### CLAUSE 97

When the Blood is deficient and the Vital Resistance weak, the *Couli* (1) opens, so the pathogenetic factor intrudes into the Interior and struggles against the Body Resistance at the costal region. The conflict between them caused intermittent chills and fever with certain intervals and an unwillingness to speak, as well as bad intake of food. As the Viscera and Bowels are connected with each other (2), the pain usually extends downward. when the lesion is at the upper part with pain at the lower part, nausea is thus caused (3). Decoction of Lesser Radix Bupleuri suits the case. After taking the decoction, if the patient has a thirst for water, then his syndrome has transmitted into the Greater Yang Channel. Relative treatment can be adopted according to the case.

### NOTES

1. *Couli* a) Meaning "skin and sweat glands, etc.," *Couli* is understood to be the Exterior entrance of the human body. Cold and Wind can intrude into the body through the *Couli*. A healthy person's *Couli* is always shut to prevent the intrusion of pathogenetic factors, so Cold and Wind cannot pass through. The deficient Vital Resistance and Blood will make the *Couli* weak and open, thus letting in the Cold and Wind b) Texture and interspace of the skin, muscle, etc. including the sweat pore.

2. The Viscera and Bowels are connected with each other: This refers to the connection and influence among the Viscera and Bowels. The connection of the Viscera and Bowels are the reflection of the Yin-Yang connection and the Exterior-Interior connection. Connections of the Viscera and Bowels are as follows:

Heart — Small Intestine;

Lung — Large Intestine;

Liver — Gall Bladder;

Spleen — Stomach;

Kidney — Urinary Bladder;

Pericardium (envelope of the heart) — the *Sanjiao* (Three Portions of the Body Cavity).

3. The lesion at the upper part: At the Upper Portion of the Body Cavity. Pain at the lower part: Pain here stands for the syndrome. So the syndrome is moving downward and intrudes into the Lower Portion of the Body Cavity. When the Interior Vital Energy is resisting the coming Exterior pathogenetic factor, it will bring an abnormal ascending air, and nausea is thus caused.

*Acupuncture Points*: Yangfu (GB 38), Zhigou (SJ 6), Hegu (LI 4), Taichong (LR

**CLAUSE 98**

The syndrome has lasted six or seven days. Then there appear the following symptoms and signs: Chills, warmth on the hands and feet, and a slow-floating-weak pulse. When purgatives are adopted two or three times, the patient feels distended pain in the chest and rib, and is unable to take any food. Face, eyes and skin turn yellowish. He also suffers stiffness at neck, and a dysuria. If Decoction of Lesser Radix Bupleuri is given, he will have anal tenesmus when making stool. Decoction of Radix Bupleuri should not be adopted when the patient vomits out the water he has just drunk because he was thirsty. When he is eating, he will be nauseous (1).

**NOTES**

1. Explanation of the clause: A floating-weak pulse and chills signify the Exterior syndrome of the Initial Yang Channel. Slow pulse and warmth on the hands and feet signify a syndrome of a Cold and deficient nature of the Initial Yin Channel. So, it is the symptom complex of Initial Yin and Initial Yang with Exterior syndrome. Decoction for warming the Interior and harmonizing the Exterior will be a curative. Owing to the repeated incorrect adoption of a purgative, acute Deficiency of Spleen and Stomach causes stagnation of Cold-Humidity factors, which makes the patient lose his appetite. Therefore Decoction of Radix Bupleuri is prohibited, as Radix Bupleuri and Radix Scutellariae are bitter and cold herbs. Using it will constitute a misapplication of "Eliminating the Deficiency." The adoption of Decoction of Radix Bupleuri will make the Spleen and Stomach more deficient. Consequently, anal tenesmus and nausea when drinking will be experienced. Nausea when drinking is caused by stagnancy of the Water and Fluid in the Stomach. Table 24 on the following page illustrates the above points.

*Acupuncture Points:* Gongsun (SP 4), Yinlingquan (SP 9), Wangu (SI 4), Xiangyu (ST 43).

**CLAUSE 99**

Febrile disease caused by Cold, four to five days: Fever, a fear of the wind, a stiff neck, oppression of the chest, warmth on the hands and feet, and thirst for water are the symptoms and signs suitable for Decoction of Lesser Radix Bupleuri (1).

**NOTES**

1. Explanation of the clause: This clause describes the symptom complex of three Yang Channels with the Lesser Yang Channel as the main syndrome. Fearing wind and a stiff neck are reflection of the Initial Yang syndrome. Fever, warmth on hands and feet and thirst for water reflect the Greater Yang syndrome. Oppression of the chest is the Lesser Yang syndrome. The symptoms and signs of being warm on hands and feet and thirst for water indicate that the Body Fluid has been exhausted by pathogenetic Heat.

TABLE 24. ANALYSIS OF CLAUSE 98

Symptoms	Indication
a) <i>Symptoms and signs before the adoption of a purgative:</i>	
Pulse is slow, floating and weak. Aversion to cold and wind, warm hands and feet.	Initial Yang syndrome with Exterior syndrome and Interior Deficiency and Cold.
b) <i>Symptoms and signs after the adoption of a purgative which is a malpractice:</i>	
Anorexia	Exhausted state of the Interior Yang
Fullness and pain on ribs	Rampage of the Liver Vital Energy
Yellowish color on face, eyes, all over the body	Accumulation of Humidity at the Exterior
Stiffness on neck and back	Invasion of Humidity at the upper part of body
Dysuria	Stagnation of Humidity at the lower part of body
Nausea after drinking when thirsty	Deficient state of Stomach function makes it impossible to circulate Water-fluid to moisten the upper part
c) <i>Consequence arising from malpractice of Decoction of Radix Bupleuri:</i>	
Anal tenesmus	Deficient Vital Energy is sinking
Nauseous after taking food	Cold and Deficiency in Stomach, exhaustion of the Earth Vital Energy

Therefore diaphoresis cannot be adopted even though the Exterior syndrome exists. Decoction of Lesser Radix Bupleuri is therefore adopted as a remedy of harmonization.

The following comparison of the syndromes and treatments as covered in Clauses 98 and 99 is helpful in the understanding of the clauses:

TABLE 25. COMPARISON OF CLAUSE 98 AND CLAUSE 99

Clause	Symptoms and signs		Taboos in treatment
	Similar points	Different	
98	Aversion to cold and wind, stiff neck and back, fullness and pain over costal region, warmth on extremities	Pulse is slow, floating and weak, anorexia, yellow color appears on face, eyes and all over body, dysuria, thirst but nauseate after drinking.	Malpractice of purgatives damages the Body Resistance. Earth is deficient, Humidity is accumulated, Decoction of Radix Bupleuri should not be adopted as it is not a Lesser Yang syndrome.
99	Aversion to wind, stiff neck and back, fullness over costal region, warmth on extremities, thirst	Fever all over body	Pathological condition rests just between the Exterior and the Interior. Decoction of Lesser Radix Bupleuri is the right cure.

*Acupuncture Points:* Qiuxu (GB 40), Zulinqi (GB 41), Shenzhu (DU 12), Zuqiaoyin (GB 44).

## CLAUSE 100

Febrile disease caused by Cold: Pulse at Yang (1) is hesitant (2) and tight (3) at Yin. According to the pulse, there should be an acute pain in the abdomen. Decoction of Lesser *Jianzhong* (4) suits the case. If it is not efficacious, Decoction of Lesser Radix Bupleuri will be a curative (5).

## NOTES

1. Pulse at Yang and Yin: Also called Yang pulse and Yin pulse in Chinese, should be understood as: Pulse at Yang — pulse felt lightly. Pulse at Yin — pulse felt deeply.

2. Hesitant pulse: Reflection of a Deficiency in the Nutrient Essence (Blood). Here a hesitant pulse indicates that the Blood circulation is not smooth.

3. Tight pulse: Pulse beats steadily, straightly, like feeling the string of a musical instrument. Tight pulse always indicates an Interior pain.

4. *Jianzhong*: In Chinese, it means “building up the Interior Vital Energy of Spleen.”

5. This clause deals with the Lesser Yang syndrome with Interior Deficiency. First, Decoction of Lesser *Jianzhong* is used to tonify the Deficiency, ease the pain and

dispel the syndrome of pathogenetic factors. Then, Decoction of Lesser Radix Bupleuri is adopted to eliminate the remaining symptoms.

#### Decoction of Lesser *Jianzhong*

(*Xiao Jianzhong Tang*):

Ramulus Cinnamomi	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	3 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.
Radix Paeoniae	6 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
<i>Jiaoyi</i> *	1 <i>sheng</i>

Stew the above five drugs in seven *sheng* of water till three *sheng* are left. Put *Jiaoyi* into the decoction and simmer it till it melts. Take three doses a day with one *sheng* for each dose. Patient who is always nauseous should not take Decoction of *Jianzhong*, as the decoction tastes sweet.\*\*

\**Jiaoyi*: Mainly contains malt sugar.

\*\*A patient who is often nauseous suffers excessive Humidity-Heat in Stomach. Sweet-taste in the decoction, such as Radix Glycyrrhizae, Fructus Ziziphi Jujubae and *Jiaoyi* can only make the Humidity factor stronger. Obviously, nausea-sufferers should not take the decoction.

*Explanation of the Prescription*: Decoction of Lesser *Jianzhong* warms and builds up the Interior Vital Energy. *Jiaoyi*, the main drug, sweet and warm, with the assistance of Radix Glycyrrhizae, releases the pain.

The pungent-taste and warm-quality of Ramulus Cinnamomi, the sour-taste and accumulating factor of Radix Paeoniae, the sweet-taste and warm-quality of Fructus Ziziphi Jujubae, all assist the main drug to tonify and nourish the Spleen and Stomach and harmonize the Vital Resistance with Nutrient Essence. So the pain in abdomen is eased off.

*Acupuncture Points*: Zhubin (KI 9), Neiguan (PC 6), Guangming (GB 37), Waiguan (SJ 5).

#### CASES

Case 1 (18 p. 62):

Female patient, adult, had been suffering from epigastric pain for over two years. The pain was relieved a bit after taking food. The patient felt comfortable when the epigastrium was pressed or warmed. Other symptoms included anorexia, general fatigue, white tongue coating, and tight-slender pulse. Diagnosis by Western medical doctor: duodenal ulcer. According to TCM, this was a case of invasion of Liver Vital Energy to the deficient Spleen. The following drugs were added to Decoction of Lesser *Jianzhong*:

Radix Astragali  
Radix Angelicae Sinensis



## Case 2 (18 p. 64): Spontaneous Perspiration

Male patient, 11, had been suffering from chills and fever for three months. He felt extremely cold on his back and had profuse night sweats when sleeping. Depressed spirit, greasy stool, anorexia, emaciation, deficient-slender and speedy pulse, swollen tongue with white coating and scaly skin were also observed. Decoction of Radix Astragali *Jianzhong* was given to tonify the Interior Vital Energy. After taking five doses the night sweats began to subside. Another ten doses of the above decoction were given to achieve a satisfactory effect. Afterwards, the patient was fully recovered. Porridge containing Radix Astragali, Fructus Ziziphi Jujubae and rice was served daily, which was good for tonifying the Spleen and stabilizing the Exterior.

## Case 3 (18 p. 66):

Female patient, 25, had had a general fatigue for a period of time and had tidal fever in the afternoon. As the patient did not pay any attention to her lesion the tidal fever was aggravated. She went to a hospital and was given the diagnosis of "infiltrative pulmonary tuberculosis." After treatment with isoniazid the syndrome still prevailed. A TCM doctor examined the patient and found that the patient had anorexia, emaciation, white and pale complexion, amenia, watery stool with greasy substance three to four times a day, abdominal pain, slender and speedy pulse. This was a case of severe consumptive disease which should be treated with Decoction of *Jianzhong* to tonify the Spleen and harmonize the Yin and Yang:

Radix Astragali	12 grams
Ramulus Cinnamomi	3 grams
Radix Paeoniae Alba	12 grams
Radix Glycyrrhizae Praeparata	3 grams
Rhizoma Zingiberis Recens	3 grams
Fructus Ziziphi Jujubae	12 grams
Radix Pseudostellariae	3 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Rhizoma Dioscoreae Praeparata	15 grams
Fructus Setariae Germinatus	9 grams
Fructus Hordei Germinatus	9 grams

After taking five doses the patient had a better appetite, and the watery stools stopped. On the basis of the original prescription, additions and subtractions were made to form a new prescription, which was given to the patient in 12 doses. The syndrome was gone after taking all these decoctions.

## Case 4 (22 p. 170): Duodenal Ulcer

Male patient, 33, first treatment on December 31, 1964. Since 1958, the patient had been suffering from stomachache and was diagnosed by X-ray as having a duodenal ulcer in January 1964. As the patient did not want to have an operation he went to a TCM doctor. Diagnosis: The patient had stomachache every day before meals and when the attack was acute, the pain was so severe that coldness appeared on the four extremi-

ties. He sometimes felt ascending gas rushing to the thorax. Acid regurgitation, anorexia, constipation with black stool, abdominal fullness and distention, white tongue coating, mighty, tight and slippery pulse were also reported. Stool occult blood (+).

First treatment: *Xiang Sha Liuqunzi Tang* with additions:

Radix Ginseng  
 Poria  
 Rhizoma Atractylodis Macrocephalae  
 Radix Glycyrrhizae  
 Rhizoma Pinelliae  
 Pericarpium Citri Reticulatae  
 Rhizoma Cyperi  
 Fructus Amomi

Twenty doses were taken, but stomachache still remained, accompanied by belching, cold extremities, tight and slippery pulse. So Decoction of Lesser *Jianzhong* adding Fructus Piperis Alba was given:

Ramulus Cinnamomi	6 grams
Radix Paeoniae Alba	18 grams
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	9 grams
Fructus Piperis Alba	6 grams
Malt sugar	45 grams

Stew the decoction and filter it, then put in the malt sugar and simmer it again till sugar melts. Serve the decoction in three servings.

After taking three doses of the above decoction, abdominal pain subsided and extremities became warm. In the third treatment, the above decoction adding nine grams of Radix Angelicae Sinensis and nine grams of Radix Astragali Praeparata were prescribed. Thirty-one doses were taken before the patient went to have his stool examined: Occult blood was not found. All the other symptoms had also disappeared.

#### Case 5 (22 p. 171): Chronic Gastritis

Female patient, 55, had been suffering from chronic stomachache for 30 years and was diagnosed as having "chronic gastritis." When there was an acute attack she was detained in the hospital. Diagnosis: When the pain attacked, there was a referred pain to the costal regions and the back. Cold extremities, parched mouth and white tongue coating, pale complexion, deep and hesitant pulse were also diagnosed.

First treatment: *Sini Powder\** with additions:

Radix Bupleuri  
 Radix Paeoniae  
 Fructus Aurantii Immaturus  
 Radix Glycyrrhizae  
 Radix Curcumae

Radix Aucklandiae  
Radix Salviae Miltiorrhizae

\*See Clause 318.

Two doses were taken, but the pain was still as acute. Analgesic injection was used and acupuncture practiced. The doctor examined the patient again and finally decided to give Decoction of *Jianzhong*, as this was supposed to be a case caused by the Deficiency of the Interior Vital Energy:

Radix Paeoniae Alba	18 grams
Rhizoma Zingiberis Recens	9 grams
Fructus Ziziphi Jujubae	2 pcs.
Radix Glycyrrhizae	3 grams
Cortex Magnoliae Officinalis	9 grams
Ramulus Cinnamomi	6 grams
Malt sugar	45 grams

Three days later when the patient went to visit the doctor, she reported that after taking the first dose of the decoction the pain subsided greatly. After the second decoction was taken the pain disappeared. However, the patient still had vertigo, cold extremities, an indication of the deficient state of the Vital Energy and the Blood and insufficiency of the Exterior. The following drugs were added to the last prescription:

Radix Angelicae Sinensis  
Rhizoma Ligustici Chuanxiong  
Radix Astragali Praeparata

Two doses were taken before the syndrome was completely gone.

#### Case 6 (22 p. 173): Vertigo

Female patient, 50, was experiencing vertigo, dimness in vision, and numbness of extremities. The patient was supported by her relative when she entered the consulting room. The patient was emaciated, had blue and gray complexion, blue eyes and pale lips, depressed spirit and reluctance in speaking. When speaking, she uttered her words with difficulty. The patient was so weak she had to be supported at all times. Other symptoms included anorexia, difficulty in making stool, slight yellowish urine, white tongue coating, deep and slow pulse. Western medical doctor had made the diagnosis of "high blood pressure." According to TCM, this was a case caused by Cold and Deficiency of the Spleen and Stomach, which should be treated with Decoction of Lesser *Jianzhong*:

Ramulus Cinnamomi	15 grams
Rhizoma Zingiberis Recens	24 grams
Radix Paeoniae Recens	18 grams
Radix Glycyrrhizae Praeparata	15 grams
Fructus Ziziphi Jujubae	30 grams

Radix Codonopsis Pilosulae	30 grams
Malt sugar (melt in the decoction)	30 grams

At the same time, six grams of Radix Ginseng from Jilin\* was stewed separately to assist the decoction.

After taking three doses the patient felt much better and had a better appetite, less vertigo and higher spirits. In the following month, the same decoction with minor alterations was given continuously. All the symptoms disappeared.

\*A province in northeast China.

#### Case 7 (12 p. 276): Abdominal Pain Caused by Ascarides

Male patient, 13, had suffered from upper epigastric pain for one and a half days with repeated vomiting and vomited out a roundworm. Analgesic injection was given to ease the pain, but was no longer working when he got home, so his parents took him to a TCM doctor. The boy had a painful expression and had his hands pressed over his belly. Decoction of Lesser *Jianzhong* with additions was given as follows:

Ramulus Cinnamomi	6 grams
Radix Paeoniae Alba	18 grams
Radix Glycyrrhizae Praeparata	6 grams
Fructus Ziziphi Jujubae	4 pcs.
Rhizoma Zingiberis Recens	9 grams
Fructus Mume	9 grams
Pericarpium Zanthoxyli	9 grams
Malt sugar (melt in the decoction)	30 grams

After taking the first dose the syndrome subsided greatly. When the patient finished the second dose, abdominal pain disappeared and several pieces of roundworms were found in the stool. Two more doses were given. Anthelmintic was also given to disperse the worms.

#### Case 8 (12 p. 277): Diarrhea

Female patient, 22, had a history of diarrhea. "Amebic dysentery" was diagnosed and emetine was injected, which worked as expected. However, the following two months saw more intermittent attacks of dysentery and repeated injections were given. The ailment persisted. Diagnosis: feeble, weak and moderate pulse, pale and white tongue coating, aversion to wind, spontaneous perspiration, yellow and emaciated face, anorexia, general fatigue, mild abdominal pain, stool defecated two or three times a day, with greasy and bloody substance and mild tenesmus. This was a case of Interior Deficiency caused by the chronic diarrhea and the imbalance of *Ying* and *Wei*. Decoction of Lesser *Jianzhong* adding Radix Pulsatillae was the treatment:

Ramulus Cinnamomi	3 grams
Radix Paeoniae Alba	9 grams
Radix Pulsatillae	9 grams
Radix Glycyrrhizae Praeparata	4.5 grams

Fructus Ziziphi Jujubae	4 pcs.
Rhizoma Zingiberis Recens	4 slices
Malt sugar (melt in the decoction)	2 pcs.

After taking two doses of the above decoction the syndrome was gone. In the following two years no recurrence was reported.

#### Case 9 (12 p. 278): Jaundice

Mr. Peng in his twenties had yellowish skin all over the body, but his eye balls were not yellow. Urination was normal and heat was felt on his extremities. He had been treated by a number of doctors but no improvements had been made so far. He came to Doctor Wan Jianchen, who diagnosed the patient and made the following analysis: Jaundice might vary to jaundice in Yin or Yang nature but both syndromes should have yellowish eye balls and dysuria. Therefore this case must be caused by the inability of the Spleen and Stomach, which were deficient and failed to nourish the skin and muscle. This was the external manifestation of the Earth (Spleen) color on the skin. Decoction of Lesser *Jianzhong* was prescribed. Ten doses worked off the jaundice completely.

### CLAUSE 101

Febrile disease caused by Cold or Wind with Decoction of Radix Bupleuri syndrome: when one of the symptoms of the syndrome (1) is observed, a diagnosis of Decoction of Radix Bupleuri syndrome can be established. After a purgative is given to such a patient, if Decoction of Radix Bupleuri syndrome still exists, then the decoction can still be adopted. The patient then is feverish, shivers and perspires (2) and the syndrome is gone at the same time.

#### NOTES

1. One of the four Decoction of Radix Bupleuri symptoms as shown in Clause 96: Intermittent chills and fever, distention and a sensation of oppression in the chest and costal region, a reluctance to speak and eat, restlessness and nausea.

2. Shivers and perspires: When the patient is perspiring and shivering, the pathogenetic Heat comes out together with the perspiration.

*Acupuncture Points:* Yangchi (SJ 4), Qiuxu (GB 40).

### CLAUSE 102

Febrile disease caused by Cold, two or three days: If the patient suffers agitation and palpitation, Decoction of Lesser *Jianzhong* can be used as a curative (1).

## NOTES

1. When the patient suffers agitation and palpitation before a diaphoretic or purgative is adopted, it is understood that the patient is weak and deficient in Vital Energy and Blood. Palpitation signifies a Deficiency in the Vital Energy, whereas agitation indicates a Deficiency in the Blood. Thus a purgative should not be used even when the Exterior syndrome is not gone. Decoction of Lesser *Jianzhong* tonifies the Deficiency and harmonizes the Interior, i.e., dispels the syndrome by strengthening the Body Resistance.

*Acupuncture Points:* Taibai (SP 3), Daling (PC 7), Gongsun (SP 4), Neiguan (PC 6).

## CLAUSE 103

Some ten days after dispersion of the Initial Yang Exterior syndrome, two or three doses of purgatives are given to the patient. After another four or five days, Decoction of Lesser Radix Bupleuri syndrome still exists. In such a case, Decoction of Lesser Radix Bupleuri can be adopted. If the patient is vomiting repeatedly, feeling restless, and having oppression in the chest, Decoction of Greater Radix Bupleuri can be used as a purgative efficacious to the case (1).

## NOTES

1. After taking Decoction of Lesser Radix Bupleuri, if the patient is vomiting repeatedly, it can be diagnosed that the Lesser Yang syndrome is not gone. The symptoms and signs of being restless and feeling oppression in the chest signify that the syndrome has affected the Greater Yang Channel. Decoction of Greater Radix Bupleuri is used as a purgative to fit the Greater Yang syndrome as well as a remedy of harmonization to treat the Lesser Yang syndrome.

Lin Lan: Repeated vomiting signifies the existence of the Lesser Yang syndrome. Restlessness and oppression in the chest are indications of dried feces in the Intestine. Decoction of Greater Radix Bupleuri is a remedy that disperses the syndrome from both the Greater Yang and Lesser Yang Channels.

TABLE 26. COMPARISON OF DECOCTION OF GREATER RADIX BUPLEURI SYNDROME AND DECOCTION OF LESSER RADIX BUPLEURI SYNDROME

Decoction	Symptoms and signs			Pathology
Greater Radix Bupleuri syndrome	1. Intermittent chills and fever	2. Distention and sensation of oppression in the chest and costal regions	3. Restless and nauseous	Half Exterior and half Interior
Lesser Radix Bupleuri syndrome	1. Intermittent chills and fever	2. Restlessness, oppression in the chest	3. Restless and vomiting repeatedly	Half Exterior and half Interior complicated with Interior Excess

Decoction of Greater Radix Bupleuri  
(*Da Chaihu Tang*):

Radix Bupleuri	0.5 <i>jīn</i>
Radix Scutellariae	3 <i>liang</i>
Radix Paeoniae	3 <i>liang</i>
Rhizoma Pinelliae	0.5 <i>sheng</i>
Rhizoma Zingiberis Recens	5 <i>liang</i>
Fructus Aurantii Immaturus	4 <i>pcs.</i>
Fructus Ziziphi Jujubae	12 <i>pcs.</i>

Stew the above seven drugs in one *dou* and two *sheng* of water till six *sheng* are left. Filter the decoction and stew it till three *sheng* are left. Take three doses a day of one *sheng* each dose. In one of the editions of the book, it said there should be Radix et Rhizoma Rhei two *liang*. If there isn't Radix et Rhizoma Rhei in the prescription, it cannot be named Decoction of Greater Radix Bupleuri.\*

\*Xu Shuwei: "If there isn't Radix et Rhizoma Rhei in the prescription, it cannot be named Decoction of Greater Radix Bupleuri" is a note added by Wang Shuhe. As Radix et Rhizoma Rhei is a purgative, it suits the case. The text says, Decoction of Greater Radix Bupleuri is used as a purgative. If there is no Radix et Rhizoma Rhei in the prescription, how can it function as a dose of purgative? Wang Shuhe is right. (16 p. 197)

*Explanation of the Prescription:* Decoction of Greater Radix Bupleuri is a remedy fitting the symptom complex of the Lesser Yang and Greater Yang Channels. It harmonizes the Lesser Yang Channel and eliminates the excessive Heat from the Greater Yang Channel. Therefore Radix Ginseng and Radix Glycyrrhizae, which stimulate the Yang Vital Energy and nourish the Stomach, are deleted from Decoction of Lesser Radix Bupleuri. Radix Paeoniae, Fructus Aurantii Immaturus and Radix et Rhizoma Rhei are added to eliminate the excessive Heat. Decoction of Greater Radix Bupleuri is thus constituted.

*Acupuncture Points:* Zuqiaoyin (GB 44), Zhiyang (DU 9), Zhigou (SJ 6), Waigou (GB 36).

## CASES

### Case 1 (12 p. 136): Fever After Childbirth

Female patient, 26, had high fever on the 13th day after childbirth. Temperature was 39-40 °C. Other symptoms were vertigo, tinnitus, intermittent chills and fever, profuse perspiration, flushed face, restlessness, anorexia and constipation. Antipyretic, antibiotic and infusion therapies were adopted within a period of one week, but they did not seem to work. When the patient was brought to the TCM hospital, the doctor considered "constipation" to be the main ailment which had caused the fever. Purgatives

such as Radix et Rhizoma Rhei and Natrii Sulfas were to be used. However, according to previous clinical experiences purgatives were prohibited to women after childbirth. Therefore, the following prescription was given to loosen the stool as the doctor considered the case to be a fever caused by the Deficiency of Blood:

Radix Paeoniae  
 Radix Rehmanniae Praeparata  
 Radix Angelicae Sinensis  
 Rhizoma Ligustici Chuanxiong  
 Radix Ginseng  
 Poria  
 Rhizoma Atractylodis Macrocephalae  
 Radix Glycyrrhizae  
 Fructus Cannabis  
 Herba Cistanchis

After taking the decoction the syndrome was even more aggravated and the constipation had lasted for 27 days already. The doctor analyzed the case again, and finally realized that it was a case of symptom complex of Initial Yang and Greater Yang — the accumulation of pathogenetic Heat had caused the constipation, a case of excessive and Heat nature. Decoction of Greater Radix Bupleuri with additions was the cure:

Radix Bupleuri	9 grams
Radix Scutellariae	9 grams
Radix Codonopsis Pilosulae	9 grams
Radix et Rhizoma Rhei	9 grams
Radix Paeoniae Rubra	6 grams
Natrii Sulfas	3 grams
Radix Glycyrrhizae	6 grams

After taking the decoction, high fever dropped and hard feces in the form of sheep's dung were passed quite a few times. A week of careful nursing and medicament enabled the patient to return home.

#### Case 2 (12 p. 137): Headache

Female patient, 20, had sudden onset of headache ten days after the menstruation period. The headache started from both ends of the forehead and extended to the forehead and the tip of the head. When the headache was unbearable, the patient hit her head against the wall. There had been constipation for seven days. Other symptoms included suffocation and fullness in the chest, paraphasia, anorexia, spitting of saliva, and abdominal pain. "Hysteria" was the diagnosis in a hospital and analgesic and sedatives were given. Such treatment lasted more than ten days when the patient consulted a TCM doctor. Diagnosis: flushed face, reluctance to speak, white and yellow tongue



coating, deep, slender and speedy pulse, profuse menstruation with dark and purple blood, nausea and vomiting, delirium. All these suggested a case of "Invasion of pathogenetic Heat into the Blood Cavity." Decoction of Greater Radix Bupleuri was the cure to eliminate the Interior Heat and disperse the Exterior Wind:

Radix Bupleuri	15 grams
Radix Scutellariae	12 grams
Fructus Aurantii Immaturus	12 grams
Radix Paeoniae Rubra	12 grams
Natrii Sulfas (melt into the decoction)	12 grams
Radix et Rhizoma Rhei	12 grams
Pericarpium Citri Reticulatae Viride	12 grams

Two doses of the above decoction were for oral medication. The following was for external application:

Radix Angelicae Dahuricae	30 grams
Gypsum Fibrosum	60 grams

Blend the drugs in boiling water and apply it to the head. Second treatment: After taking two doses of the above oral medication, there was a loose stool, but vertigo still existed. *Chuanxiong Chatiao San* (powder made of Rhizoma Ligustici Chuanxiong, tea, etc.) and *Gengyi Wan* (pills consisting of Aloe and Cinnabaris) were prescribed. Within five days the syndrome was gone. No recurrence was reported in the following three months.

#### Case 3 (12. p. 139): Cholecystitis

Female patient, suffering from cholecystitis, had pain and tenderness over the right rib, a slight fever, nausea, anorexia, fullness and distention in the abdomen, borborygmus and belching, tight and huge pulse. Decoction of Greater Radix Bupleuri was prescribed as follows:

Radix Bupleuri	12 grams
Radix Paeoniae Alba	9 grams
Fructus Aurantii Immaturus	6 grams
Radix et Rhizoma Rhei	6 grams
Radix Scutellariae	9 grams
Rhizoma Pinelliae	9 grams
Rhizoma Zingiberis Recens	15 grams
Fructus Ziziphi Jujubae	4 pcs.
Herba Lysimachiae	24 grams
Talcum	12 grams
Endothelium Corneum Gigeriae Galli	12 grams

After taking seven doses the patient had a better appetite. Abdominal distention and belching greatly subsided. Another four doses were given and pain over the ribs was re-

duced. Slight fever still existed, so Decoction of Lesser Radix Bupleuri adding the following ingredients was given:

Carapax Trionycis  
Herba Artemisiae Chinghao  
Radix Gentianae Macrophyllae  
Radix Curcumae

Case 4 (22 p. 140): Fever

Female patient, 24, had been suffering from high fever for more than half a year. The patient recalled that at first she had a cold with fever, aversion to cold and then a high fever of 39-40 °C, which lasted for 20 days. Antibiotics and antipyretics had been adopted, but they didn't seem to work, so the patient went to another hospital, where hormone preparation was given. A week later temperature dropped to 37-38 °C, which lasted for about two months, with repeated attacks of high fever. At the next examination, the doctor found three swelling lymph nodes on her neck, so rimifon and streptomycin were adopted. Still high fevers persisted. Finally the patient went to see a TCM doctor, who made the following examination and diagnosis: High fever (39-40 °C) occurred every afternoon with no perspiration. In every attack chills occurred prior to fever, accompanied by bitterness in mouth, parched throat, fullness and suffocation in epigastric and abdominal region. Constipation with feces in the form of small balls, yellow and red urine, red tongue with yellow and dry coating, tight, excessive and mighty pulse were the other symptoms and signs. Diagnosis: Overlapping of syndromes of Lesser Yang and Greater Yang. Treatment was the adoption of Decoction of Greater Radix Bupleuri to harmonize the ailment of Lesser Yang and to eliminate the Heat of Greater Yang. Two doses were given. When the patient called on the doctor the second time, fever had subsided and all the other symptoms disappeared. No treatment was given. The doctor visited the patient three months later and no recurrence was reported.

Case 5 (22 p. 141): Fever

A female patient of 34 had been suffering from high fever, delirium, restlessness and irritation, anorexia for 18 days and an unfavorable prognosis was made by several doctors. When the patient went to Doctor Yumoto Kyushin, a famous doctor in Japan, the following diagnosis was made: restlessness and distention in the chest and costal regions, fullness and contracture in the abdomen suggested that the case could be treated by Decoction of Greater Radix Bupleuri. After taking the decoction continuously for six or seven days, abdominal distention vanished and the patient had an appetite. About 20 doses of the above decoction with minor alterations were given before the full recovery was achieved.

Case 6 (22 p. 141): Gastric Ulcer Gastrelcosis

Male patient, 60, had been suffering from chronic gastric ulcer gastrelcosis for many years. Excessive anger induced another episode, bringing with it acute gastric pain, and vomiting of sour and bitter substances of brown color. No food could be taken and he had been constipated for five days. Doctors of Western medicine suggested an opera-

tion as they diagnosed the possibility of perforation in the case of gastric ulcer gastrectosis. However, the patient's relative declined such an operation, so the patient was examined by TCM doctors, who made the following diagnosis: yellow and greasy tongue coating, tight, slippery and mighty pulse, all indicating that the excessive Liver Fire was invading the Stomach, causing the impairment to the Stomach Yin. When Fire was accumulated constipation resulted. Decoction of Greater Radix Bupleuri was prescribed:

Radix Bupleuri	12 grams
Radix Scutellariae	9 grams
Rhizoma Pinelliae	9 grams
Radix et Rhizoma Rhei	6 grams
Radix Paeoniae Alba	9 grams
Fructus Aurantii Immaturus	6 grams
Rhizoma Zingiberis Recens	12 grams
Fructus Ziziphi Jujubae	4 pcs.

After taking one dose of the above decoction, there were three loose bowel movements with defecation of black and greasy substances. At the same time, gastric pain was greatly reduced and vomiting stopped. A general fatigue was experienced. Tonics were given to achieve a full recovery.

#### Case 7 (22 p. 144): Acute Attack of Chronic Appendicitis

Female patient, 28, had been suffering from anorexia, gastric uneasiness, nausea, abdominal distention and constipation for three days, and had acute pain around the umbilicus. Tongue coating was thin and yellow, pulse was speedy, and temperature was normal. Tenderness occurred at right lower abdomen. Leucocytes: 12,000. Diagnosis: acute attack of chronic appendicitis. Decoction of Greater Radix Bupleuri with additions was given:

Radix Bupleuri	25 grams
Fructus Aurantii Immaturus	10 grams
Radix et Rhizoma Rhei	10 grams
Radix Scutellariae	7.5 grams
Rhizoma Pinelliae	15 grams
Radix Paeoniae Alba	15 grams
Concha Ostreae	25 grams
Fructus Meliae Toosendan	25 grams
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	5 pcs.

Four doses were given, with each dose divided into three servings. The syndrome was gone after taking the four doses.

#### Case 8 (22 p. 146): Night Sweats

Male patient, 35, a stout and fat fellow, was having night sweats while he was

sleeping. The patient reported that since the age of 22 and 23, he began to put on weight. Diagnosis: Obesity was caused by the remaining Fluid-retention within the body. Decoction of Greater Radix Bupleuri adding Radix Glycyrrhizae was given to eliminate the Fluid-retention, and the syndrome was gone as anticipated.

#### Case 9 (22 p. 146): Epistaxis

Female patient, 13, was having epistaxis, constipation, suffocation in chest and ribs, mouth bitterness and nausea. Yellow tongue coating, tight and speedy pulse were also diagnosed. Excessive Fire originating from the Liver and Stomach was causing the Blood to circulate abnormally, resulting in epistaxis. Decoction of Greater Radix Bupleuri was given:

Radix Bupleuri	9 grams
Radix Scutellariae	6 grams
Radix et Rhizoma rhei	6 grams
Radix Paeoniae Alba	12 grams
Cortex Moutan Radicis	12 grams
Fructus Aurantii Immaturus	6 grams
Concha Ostreae	12 grams
Radix Scrophulariae	12 grams
Caulis Bambusae in Taeniam	12 grams

After taking one dose a loose stool was reported. Epistaxis did not occur within three days. Another dose was given for a full recovery.

### CLAUSE 104

Febrile disease caused by Cold, the syndrome lasts thirteen days. The patient vomits and is nauseous and feels oppressed in the chest. He is having a tide-fever (1) in the afternoon at about 3:00-5:00 p.m. (2) and diarrhea. This is a Decoction of Radix Bupleuri syndrome, which should not have diarrhea if Decoction of Greater Radix Bupleuri has been adopted. The patient must have been given drastic pills (3), which is a mistake. Tide-fever indicates an excessive syndrome. First Decoction of Lesser Radix Bupleuri should be given to dispel the Exterior syndrome. Then Decoction of Radix Bupleuri adding Natrii Sulfas should be adopted as the main curative (4).

#### NOTES

1. Tide-fever, or hectic fever, tidal fever: fever recurring daily, in most cases in the afternoon, like the regular rise and fall of the tide.

2. In Chinese, it is termed "*Rifusuo*." It is "*shen shi*." (See Note 1 of Clause 9.)

3. Drastic pills: Pills that contain Semen Crotonis.

4. Explanation of the clause: the patient vomits and is nauseous and feels op-

pressed in the chest and he is having a tide-fever. All these suggest a syndrome at the Lesser Yang Channel with complications of Greater Yang excessive Interior Heat. Decoction of Greater Radix Bupleuri is the right cure. But what makes the doctor being skeptical is that there is also diarrhea. Constipation should be one of the symptoms to the Decoction of Greater Radix Bupleuri syndrome. Diarrhea in this case is caused by adoption of the drastic pills. Although diarrhea is observed, it is still a case of Interior Heat, as tide-fever gives us the explanation. Since drastic pills had been adopted as a malpractice, the Body Resistance must have been damaged. So Decoction of Greater Radix Bupleuri is too strong for the patient. Therefore Decoction of Lesser Radix Bupleuri is given first to harmonize the Lesser Yang and then Decoction of Radix Bupleuri adding Natrii Sulfas is adopted to moisten the Dryness in the Greater Yang. As the patient has been suffering a loss of Body Fluid, Decoction of Greater Radix Bupleuri is nevertheless prohibited.

Decoction of Radix Bupleuri adding Natrii Sulfas  
(*Chaihu Jia Mangxiao Tang*):

Radix Bupleuri	2 <i>liang</i> 16 <i>zhu</i>
Radix Scutellariae	1 <i>liang</i>
Radix Ginseng	1 <i>liang</i>
Radix Glycyrrhizae Praeparata	1 <i>liang</i>
Rhizoma Zingiberis Recens	1 <i>liang</i>
Rhizoma Pinelliae	20 <i>zhu</i> (or 5 pcs.)
Fructus Ziziphi Jujubae	4 pcs.
Natrii Sulfas	2 <i>liang</i>

Stew the above drugs in four *sheng* of water till two *sheng* are left. Filter the decoction and put Natrii Sulfas into it and stew it till it boils. Serve the decoction in two doses. Another dose should be given if the syndrome is not gone.

*Explanation of the Prescription:* Decoction of Radix Bupleuri adding Natrii Sulfas eliminates the excessive Heat and moistens constipation. This decoction is not so acute as to hurt the Stomach Vital Energy. As drastic pills have been used, Decoction of Greater Radix Bupleuri should no more be served.

*Neitai Fangyi* (a book discussing prescriptions): Tide-fever is of an excessive nature. Why is not Decoction of Greater Radix Bupleuri or Decoction of Lesser *Chengqi* adopted? This is because the patient has been impaired by drastic pills. If Radix et Rhizoma Rhei is used again, it will hurt the Spleen Vital Energy and result in an adverse case. So Natrii Sulfas is used to moisten the Dryness.

*Acupuncture Points:* Hegu (LI 4), Taichong (LR 3), Zhigou (SJ 6), Yanglingquan (GB 34), Zhaohai (KI 6).

## CASES

Case 1 (12 p. 143)

Female patient, 29. Her menstruation stopped suddenly followed by chills and

fever and then intermittent chills and fever which were aggravated at dusk and accompanied by paraphasia. At dawn there was a perspiration which brought down the fever. The chills occurred again. Other symptoms and signs included: depression, pink eyes, parched throat, bitterness in mouth, vertigo, fullness and distention in chest and ribs, restlessness and nausea, anorexia, no stool within nine days, tight and speedy pulse, white tongue coating. The blood test was positive for malarial parasite, so it was diagnosed as malaria and so treated. When the treatment failed the patient went to see a TCM doctor, who made the following diagnosis: the patient had married quite a few years ago and had not yet given birth. Her menstruation was not punctual and was sometimes absent for three or four months. Oligomenorrhea was generally followed by chills and fever. Decoction of Radix Bupleuri adding Natrii Sulfas was given as follows:

Radix Bupleuri	9 grams
Radix Scutellariae	9 grams
Rhizoma Pinelliae	9 grams
Radix Codonopsis Pilosulae	9 grams
Rhizoma Zingiberis Recens	9 grams
Radix Glycyrrhizae Praeparata	6 grams
Fructus Ziziphi Jujubae	6 pcs.
Natrii Sulfas (melt in the decoction)	9 grams

At 10:00 a.m. when the decoction was taken, stool with dried feces was defecated at 4:00 p.m. All the other symptoms were gone. Liquid extract of Radix Angelicae Sinensis was taken over a long period of time. Four years later when the doctor saw the patient again, she had had two daughters and no recurrence was reported.

#### Case 2 (25 p. 666):

Male patient, 30, had a cold four days ago with symptoms and signs of chills and fever, pain in chest and ribs, parched and bitter mouth, anorexia and nausea. Compound aspirin and other cold-relievers had been adopted to induce a perspiration. There was a perspiration but the syndrome still remained. Temperature was 39.1 °C. There had been no stool for three days. Tide-fever was reported. Tongue coating was thin, white and slightly yellow, and dry. Pulse rate 108/min (tight and speedy). Tenderness was present at left lower abdomen and hard pieces of feces could be sensed. This was a case a Lesser Yang syndrome complicated with Interior Excess. Decoction of Radix Bupleuri adding Natrii Sulfas should be the curative:

Radix Bupleuri	10 grams
Radix Scutellariae	10 grams
Rhizoma Pinelliae	10 grams
Radix Codonopsis Pilosulae	10 grams
Radix Glycyrrhizae Praeparata	6 grams
Rhizoma Zingiberis Recens	10 grams
Natrii Sulfas (melt in the decoction)	10 grams
Fructus Ziziphi Jujubae	4 pcs.

After taking one dose of the above decoction there was a slight perspiration and defecation. Temperature then dropped to 37 °C. All the other symptoms greatly subsided. Another dose was taken before a full recovery was achieved.

### CLAUSE 105

Febrile disease caused by Cold: After thirteen days, no Exterior syndrome is observed. But the patient is delirious. It is a symptom of excessive Heat. Decoction of purgative should be used to eliminate the Heat. When urination is normal, there should be constipation. If, on the contrary, there is diarrhea and a normal pulse, it can be diagnosed that drastic pills have been adopted, which is a mistake. This is because the corresponding pulse should be weak and *Jue* (1) when the patient is having diarrhea. From the observation of normal pulse (2) it can be diagnosed that the patient suffers an Interior excessive syndrome. Decoction of *Tiaowei Chengqi* is a curative (3).

### NOTES

1. Pulse *Jue* here means those pulses reflecting Interior Deficiency and Cold, such as feeble, weak, slender, void, etc.

2. Normal pulse here indicates those pulses corresponding to Greater Yang syndrome, such as slippery and speedy pulse or deep and excessive pulse.

3. Explanation of the clause: Thirteen days after the onset of febrile disease, if delirium still existed, it can be understood that the Cold had evolved into Heat, as manifested by the dried feces in the Intestine. Therefore constipation is the root cause of delirium. Treatment was the adoption of a purgative. According to general rule, if urination is smooth, stool should be hard, as Water sank with urine. But in this clause stool is loose, running contrary to the general rule. On such occasion, pulse condition is a very important indicator. If a diarrhea is caused by Cold and Deficiency, pulse should be feeble, slender or *Jue*. But in this case, the pulse is not feeble or *Jue*. From this we can understand that the syndrome is caused by excessive Heat of the Greater Yang and the diarrhea is the result of adoption of drastic pills. Since drastic has been practiced, no acute drastic should be adopted again. Logically, a laxative, Decoction of *Tiaowei Chengqi*, is the ideal treat.

*Acupuncture Points:* Lidui (ST 45), Shangyang (LI 1), Zhigou (SJ 6), Yangjiao (GB 35).

### CLAUSE 106

Before the Initial Yang syndrome is gone, pathogenetic Heat congeals in the Urinary Bladder (1). The patient turns manic. The syndrome is gone when blood is observed in the stool. A purgative cannot be adopted before the Exterior syndrome is dispersed. After

dispersion of the Exterior syndrome, if the patient feels tight and painful in abdomen below the umbilicus, a purgative, Decoction of Semen Persicae *Chengqi*, can be used.

## NOTES

1. According to *Canon of Medicine*, the Initial Yang Channel covers the Urinary Bladder. Thus, when the syndrome intrudes into the Urinary Bladder, it will congeal with the Blood.

Wang Hu: When Heat is congealed in the Urinary Bladder, dysuria will occur when Heat congelation affects the Vital Resistance. When it affects the Blood, the Blood circulation will be hampered. So the patient feels pain in the abdomen. Then Decoction of Semen Persicae *Chengqi* is used as a remedy to remove stasis at the Lower Portion of the Body Cavity.

Decoction of Semen Persicae *Chengqi*  
(*Taohe Chengqi Tang*):

Semen Persicae	50 pcs.
Radix et Rhizoma Rhei	4 <i>liang</i>
Ramulus Cinnamomi	2 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Natrii Sulfas	2 <i>liang</i>

Stew the above drugs in seven *sheng* of water till 2.5 *sheng* are left. Filter the decoction and put Natrii Sulfas into it. Stew it again on a slow fire till the decoction is boiling. Take lukewarm decoction of five *ge* before the meal, three doses a day. A light diarrhea will be observed after taking the decoction.

*Explanation of the Prescription:* This decoction is made up of Decoction of *Tiaowei Chengqi* adding Ramulus Cinnamomi and Semen Persicae. Semen Persicae resolves stasis and Ramulus Cinnamomi stimulates Blood circulation. Stagnant pathogenetic changes at the Lower Portion of the Body Cavity impaired the normal circulation of the Blood and the Vital Energy, therefore, stasis is taking shape. Stasis with excessive Heat distracts the Heart function, which makes the patient manic.

*Acupuncture Points:* Guanyuan (RN 4), Siman (KI 14), Taixi (KI 3), Feiyang (BL 58).

## CASES

Case 1 (12 p. 53):

Mr. Wang's wife was seriously ill so Doctor Zhu was sent for. When the doctor arrived the patient was lying in bed, unable to respond. Her relative said that she had been suffering from abdominal pain for a few days and was treated by another doctor who did not leave any record. The patient had a pale face, red cheeks and parched lips, dark and purple tongue, heat on both palms and the pulse was barely perceptible. It was difficult for the doctor to make a diagnosis, so Mr. Fu, the doctor who treated the



patient before, was invited to explain the symptoms and signs he observed. Doctor Fu recalled that the patient first had chills and fever and then blood stasis was found in the urine which lasted for some twenty days. Drugs to stop the bleeding and remove the stasis were adopted, but did not work. Five doses of *Jiao Ai Siwu Tang*\* were then given, which did bring a stop to the bleeding. Then *Shiquan Dabu Tang*\*\* was given. While the patient and her relatives were congratulating the recovery, the patient began to lose consciousness and became restless with a hard mass accumulating at the lower abdomen. The patient felt hardness and fullness in the abdomen followed by acute pain. Stool and urination were still normal but within ten days the patient gradually lost consciousness. Doctor Zhu was planning to prescribe Decoction of Semen Persicae *Chengqi*, but Doctor Fu expressed his concern and said that this might be wrong because it was "purging the Deficiency."\*\*\* However, Doctor Zhu was quite sure of his treatment because the doctor who treated the patient previously made the mistake of "tonifying the Excess" and insisted on his treatment. So, Decoction of Semen Persicae *Chengqi* was given. The decoction was served at dusk and at midnight the patient defecated seven pieces of blood stasis as big as egg. After that the patient returned to herself.

\**Jiao Ai Siwu Tang*: A prescription in *Jinkui Yaolue* by Zhang Zhongjing, consisting of:

Rhizoma Ligustici Chuanxiong  
Colla Corii Asini  
Radix Glycyrrhizae  
Folium Artemisiae Argyi  
Radix Angelicae Sinensis  
Radix Paeoniae Alba  
Radix Rehmanniae

\*\**Shiquan Dabu Tang*: A famous tonic, consisting of:

Radix Paeoniae Alba  
Radix Rehmanniae Praeparata  
Radix Angelicae Sinensis  
Rhizoma Ligustici Chuanxiong  
Radix Ginseng  
Poria  
Rhizoma Atractylodis Macrocephalae  
Radix Glycyrrhizae  
Radix Astragali  
Cortex Cinnamomi

\*\*\*The correct therapy set forth in *Neijing* is to "purge the Excess and tonify the Deficiency."

#### Case 2 (12 p. 54): Insanity

Female patient, 21, unmarried. Her mother told the doctor about her daughter's case: the girl was quiet and gentle and never talked much, but her sister-in-law who lived with her was shrewd and was not on good terms with her. Whenever there was a quarrel, the girl could not speak her mind and had to weep silently. They lived in the

same house for about half a year when the girl became depressed. Gradually, the girl became insane, weeping and sighing before others and had paraphasia. The hospital made the diagnosis of "insanity" and treated her with drugs to eliminate the sputum and put out the excessive Liver Fire, but this didn't work. The syndrome became further aggravated. The patient didn't care about food and drink, and climbed up the wall and roof and would tear off her clothes and run naked. She tried to drown herself in a well and jumped into the river twice. Her relatives had to lock her in the room. Bound on a cart, she was taken to the hospital, where she received the following diagnosis: Pulse was grand, speedy and mighty, with flushed face and staring in vision, parched lips and mouth, pink eyes. It was a case of insanity caused by the accumulated Fire, resulting from mental depression and the invasion of pathogenetic factors into the Blood. Excessive Heat also prevailed in the Liver and the Stomach. Decoction of Semen Persicae *Chengqi* was given to first eliminate the Heat and then regulate the Liver Vital Energy:

Radix et Rhizoma Rhei (stewed later)	21 grams
Natrii Sulfas (melt into the decoction)	15 grams
Radix Glycyrrhizae	6 grams
Semen Persicae	12 grams
Ramulus Cinnamomi	3 grams

After taking the decoction, there was a smooth bowel movement and the syndrome subsided considerably. Another dose was given. The next morning her brother came to report that the patient was much better and had begun to feel hungry and tired. Another two doses of the above decoction with alterations were given. After which her mother went to tell the doctor that the patient was basically all right and requested that the doctor prescribe another prescription for emergency. The doctor instructed the mother to serve her daughter another two doses of the above decoction.

### Case 3 (12 p. 55): Urinary Retention

Male patient, 74, was suffering from urinary retention and was to be treated with a metal catheter. However, the patient refused as it was more than he could sustain. Vesical puncture was practiced to let out the urine. The patient was then sent to a hospital where he received the diagnosis of "urinary retention caused by gonococcal urethrostenosis." The patient's lower abdomen was very distended and could not be pressed. Urinary retention and constipation for more than ten days and the temperature was 38 °C. Decoction of Semen Persicae *Chengqi* adding the following ingredients was given:

Talcum  
Caulis Akebiae  
Semen Plantaginis "

After taking one dose, there was a stool with feces similar to sheep's dung and urine began to drip. The same decoction was given again. Both stool and urination returned normal.

## Case 4 (12 p. 56): Urinary Retention

Female patient, 36, had not passed urine for ten days after childbirth, with lower abdominal distention and pain. Antibiotics and catheterization had been practiced but didn't work. Another examination was given and a large area of vaginal hematoma which oppressed the urinary bladder and urethra was found. This was a case caused by Blood stasis at the lower portion and should be treated with Decoction of Semen Persicae *Chengqi*:

Semen Persicae	6 grams
Radix et Rhizoma Rhei (stewed later)	12 grams
Natrii Sulfas (stewed later)	6 grams
Ramulus Cinnamomi	9 grams
Radix Glycyrrhizae	3 grams
Radix Angelicae Sinensis	9 grams
Flos Carthami	6 grams
Radix Codonopsis Pilosulae	9 grams
Radix Notoginseng	9 grams

After taking two doses of the above decoction blood clots of about one kilogram was passed. Urination returned to normal.

## Case 5 (18 p. 208): Menstrual Disorder

Female patient, adult, had no menstruation for more than three months when she began to feel a toothache which became aggravated with each passing day. Decoction of Semen Persicae *Chengqi* was given. After taking the decoction, the patient felt an acute abdominal pain and after three to four hours the pain subsided and toothache was gone. Ten days later, menstruation occurred accompanied by discharge of blood clots. Since then toothache has never occurred again and her menses remained normal.

**CLAUSE 107**

Febrile disease caused by Cold, eight to nine days. After adoption of a purgative, when the patient suffers fullness in the chest, delirium, vexation, irritability, dysuria, a heavy feeling in the extremities, and a general malaise, Decoction of Radix Bupleuri adding Os Draconis and Concha Ostreae will be a curative (1).

**NOTES**

1. Fang Youzhi: Fullness of chest: After adoption of a purgative there is an Interior Deficiency. Thus Exterior Heat intrudes into the Interior and ascends together with Water and Fluid up to the diaphragm, causing vexation. As the Heart is located above the diaphragm, so when the Body Resistance is deficient and the pathogenetic factor is strong, spiritual activity of the Heart is disturbed, causing delirium and irritability. "Heaviness in the four extremities and a general malaise": Febrile disease caused by

Cold generally bears such symptoms. Exhaustion of the Body Fluid and Blood aggravates the case.

Decoction of Radix Bupleuri adding Os Draconis and Concha Ostreae  
(*Chaihu Jia Longgu Muli Tang*):

Radix Bupleuri	4 <i>liang</i>
Os Draconis	1.5 <i>liang</i>
Radix Scutellariae	1.5 <i>liang</i>
Rhizoma Zingiberis Recens	1.5 <i>liang</i>
Minium	1.5 <i>liang</i>
Radix Ginseng	1.5 <i>liang</i>
Ramulus Cinnamomi	1.5 <i>liang</i>
Poria	1.5 <i>liang</i>
Rhizoma Pinelliae	2.5 <i>ge</i>
Radix et Rhizoma Rhei	2 <i>liang</i>
Concha Ostreae	1.5 <i>liang</i>
Fructus Ziziphi Jujubae	6 pcs.

Stew the above drugs in eight *sheng* of water till four *sheng* are left. Put Radix et Rhizoma Rhei into it and stew it for a little while. Filter the decoction and take one *sheng* decoction each time.

*Explanation of the Prescription:* This decoction deals with symptom complex of the Lesser Yang syndrome with a miscellany of Excess and Deficiency. Therefore, it is tonifying and reducing at the same time. Decoction of Lesser Radix Bupleuri harmonizes the Lesser Yang Channel to eliminate fullness in the chest. Os Draconis, Concha Ostreae and Minium calm down the irritability. Poria and Ramulus Cinnamomi help the Vital Energy in its function of urination. Radix et Rhizoma Rhei reduces the Heat and delirium.

*Acupuncture Points:* Daling (PC 7), Waiguan (SJ 5), Hegu (LI 4), Zulinqi (GB 41).

## CASES

Case 1 (12 p. 144):

Female patient, in her thirties, lost her husband in winter of 1946 and her elder son this autumn. She was overwhelmed by these losses and became greatly depressed. She had bad appetite and serious insomnia that kept her wake through the night. Then she became depressed and insane. Her father-in-law invited a TCM doctor to see the patient, he found that the patient was extremely thin with a dirty face. She smiled at the doctor and obviously her facial expression was not normal. Pulse was tight-slender, with pink eyes, yellow and greasy tongue coating. There was one stool within several days and the urine was scant in quantity and yellow in color. This was a case caused by the pent-up excessive Liver Vital Energy and the imbalanced Stomach Vital Energy. Decoction of Radix Bupleuri adding Os Draconis and Concha Ostreae was prescribed in the following way:

Radix Bupleuri  
Radix Scutellariae  
Rhizoma Zingiberis Recens  
Minium  
Poria  
Rhizoma Pinelliae  
Radix et Rhizoma Rhei  
Concha Ostreae  
Fructus Ziziphi Jujubae  
Radix Rehmanniae  
Rhizoma Acori Graminei  
Rhizoma Cyperi  
Radix Curcumae

Two doses were given daily for four consecutive days. The patient felt much better and another three doses were adopted. In the second treatment, the following decoction was prescribed to do away with the sputum and belching as reported in the treatment:

Radix Bupleuri  
Rhizoma Cyperi  
Radix Codonopsis Pilosulae  
Rhizoma Coptidis  
Radix Glycyrrhizae  
Pericarpium Citri Reticulatae  
Fructus Aurantii Immaturus  
Fructus Ziziphi Jujubae  
Rhizoma Zingiberis Recens

Six doses of the above decoction were prescribed. After which the patient felt much better. In the final treatment, the following was prescribed to tonify the Vital Energy and the Blood:

Radix Angelicae Sinensis  
Radix Paeoniae  
Radix Rehmanniae  
Rhizoma Ligustici Chuanxiong  
Pericarpium Citri Reticulatae  
Poria  
Rhizoma Atractylodis Macrocephalae  
Radix Glycyrrhizae  
Rhizoma Coptidis  
Semen Biotae  
Semen Ziziphi Spinosae

The patient fully recovered in about a month.

## Case 2 (12 p. 149): Chorea

Male patient, 12, had been suffering from chorea for more than a year and had undergone repeated treatment. When the patient was brought to the doctor, he jumped and waved his arms all the time, unable to control himself. Pulse was tight-slippery, and tongue coating was white and greasy. The syndrome was caused by the accumulation of pathogenetic Heat in the Gall Bladder and the excessive movement of Wind caused by the former ailment, and stagnation of sputum in the chest. Decoction of Radix Bupleuri adding Os Draconis and Concha Ostreae with additions of the following was given:

Arisaema cum Bile  
Caulis Bambusae in Taeniam  
Concretio Salicea Bambusae

After taking a dozen doses of the above decoction the syndrome was gone.

## Case 3 (28 p. 310): Thyroidism

Female patient, 30, was suffering from vertigo, palpitation, insomnia, distention of eyeballs, emaciation and bulimia. After being examined by Western medical doctors, she received the diagnosis of thyroidism and was treated accordingly. However, it didn't seem to work. The patient had to turn to a TCM doctor. Decoction of Radix Bupleuri adding Os Draconis and Concha Ostreae was given:

Radix Bupleuri	15 grams
Radix Scutellariae	15 grams
Radix Codonopsis Pilosulae	21 grams
Rhizoma Pinelliae	15 grams
Os Draconis	30 grams
Concha Ostreae	30 grams
Haematitum	15 grams
Radix et Rhizoma Rhei	3 grams
Radix Polygalae	9 grams
Rhizoma Acori Graminei	12 grams
Poria	12 grams
Ramulus Cinnamomi	6 grams
Thallus Laminariae seu Eckloniae	30 grams
Fructus Gardeniae	6 grams
Ramulus Uncariae cum Uncis	12 grams
Fructus Leonuri	30 grams
Semen Ziziphi Spinosae Praeparata	15 grams

Four doses of the above decoction brought forth marked improvement. Another thirty doses were given. No recurrence was reported within several years.

## Case 4 (17 p. 163): Epilepsy and Headache

Male patient, 28, had headache and vertigo for the past five years with gradual

hypomnesia. No chills and fever, with good appetite and normal stool and urination. Three months ago there was a seizure of epilepsy and frequent seizures had occurred since, which might last as long as two hours each time. Health examination showed that the patient was not suffering from any other serious disease, so Decoction of Radix Bupleuri adding Os Draconis and Concha Ostreae with additions was given as follows:

Radix Bupleuri	20 grams
Os Draconis	30 grams
Radix Scutellariae	10 grams
Concha Ostreae	30 grams
Radix Codonopsis Pilosulae	15 grams
Ramulus Cinnamomi	10 grams
Poria	10 grams
Rhizoma Pinelliae	10 grams
Radix et Rhizoma Rhei	6 grams
Rhizoma Zingiberis Recens	10 grams
Fructus Ziziphi Jujubae	4 pcs.

One dose was served daily for ten consecutive days. Epilepsy came to a stop. Another thirty doses with slight alterations were given to bring about a full recovery.

#### Case 5 (17 p. 163): Schizophrenia

Male patient, 26, had been suffering from schizophrenia for five months and had been treated by Western medicine, which slightly reduced the syndrome. The patient still had auditory hallucination, visual hallucination and autistic thinking, insomnia and blankly staring. Tongue coating was slightly greasy, with tight and slippery pulse. A combination of Decoction of Radix Bupleuri adding Os Draconis and Concha Ostreae with Decoction of Radix Glycyrrhizae, Fructus Triticis, and Fructus Ziziphi Jujubae (see Chapter 22 of *Jinkui Yaolue*) was prescribed:

Radix Bupleuri	25 grams
Os Draconis	30 grams
Concha Ostreae	30 grams
Radix Pseudostellariae	10 grams
Ramulus Cinnamomi	10 grams
Poria	12 grams
Rhizoma Arisaematis Praeparata	10 grams
Fructus Triticis Levis	45 grams
Radix Glycyrrhizae	15 grams
Radix Scutellariae	10 grams
Rhizoma Zingiberis Recens	10 grams
Fructus Ziziphi Jujubae	10 pcs.

One dose was given daily for nine days and the syndrome was subsiding. At the same time the doctor instructed the patient to reduce the dosage of Western medicine. Another

18 doses were given. Then subtract *Rhizoma Arisaematis Praeparata* and add *Rhizoma Pinelliae* to make the third prescription, which was given in ten doses to the patient. The patient was instructed not to take any Western medicine at that period. Seven months later when the doctor visited the patient, no recurrence was reported.

### CLAUSE 108

Febrile disease caused by Cold: Abdominal distention, delirium, floating and tense pulse under the fore-finger are symptoms and signs of the Liver encroaching on the Spleen (1). It is called the Conquest Sequence. Puncture acupoint Qimen (LR 14) is the cure.

#### NOTES

1. Liver encroaching\* on the Spleen: Relations of the Five Viscera are divided into Production Sequence\*\* and Conquest Sequence.\*\*\*

\*Encroach (*Cheng*): *Cheng* here means too much conquest, which has exceeded the normal connection and control of the Viscera. Thus it is an imbalance among the Viscera. For example, if the Liver (Wood) Vital Energy is too excessive and the Lung (Metal) has lost its conquest of the Liver, then the Liver Vital Energy will encroach on the Spleen (Earth), which will bring a disease of excessive Liver (Wood) with deficient Spleen (Earth).

\*\*Production Sequence: According to the Five Evolutive Phases (Five Elements, *Wuxing*) principle, the Five Viscera are promoting, producing and aiding each other. The Production Sequence is:

Wood (Liver) — (produces) Fire (Heart) — Earth (Spleen) — Metal (Lung)  
— Water (Kidney) — Wood (Liver)

\*\*\*Conquest Sequence: The controlling, excluding and overcoming function of Viscera:

Liver — Spleen — Kidney — Heart — Lung — Liver

Floating and tense pulse reflects the Liver condition. When Spleen disease has a Liver pulse, it is called "Encroachment," which means the encroachment of the Liver over the Spleen. It can be understood in reference to the Conquest Sequence. The meaning in this clause of "Liver encroaching on the Spleen" is: Liver disease reflected by floating and tense pulse has encroached on the Spleen.

### CLAUSE 109

Febrile disease caused by Cold: Fever, chill, great thirst for water, and abdominal distention are symptoms and signs of "Liver encroaching on the Lung." It is called the Counter-Conquest Sequence (1). Puncture acupoint Qimen (LR 14) will release the syndrome. Spontaneous sweating and normal urination are indications of recovery.



## NOTES

1. Counter-Conquest Sequence: The reverse of Conquest Sequence. See note of Clause 108.

**CLAUSE 110**

Initial Yang syndrome, two days. When the patient is irritable, a therapy of "scorching the back" (1) is adopted. This will cause profuse perspiration. While the excessive Heat intrudes into the Stomach and exhausts the Body Fluid, irritability will be aggravated and delirium occurs. After some ten days, when the patient shivers and has loose bowels, he is about to recover. There may also appear the following symptoms and signs: The patient cannot perspire at/below the waist, but suffers dysuria; in some cases, the patient vomits, and has incontinence of the urine and a sensation of wind at the foot, or constipation without frequent urination as should be. He has a headache after stool. Feeling warm at the bottom of the foot is an indication of Cereal Vital Energy (2) flowing downward (3).

## NOTES

1. Scorching the back: An ancient therapy of diaphoresis in which hot-baked tiles wrapped with cloth are put on the back of patient to obtain perspiration.

2. Cereal Vital Energy: Yang Vital Energy produced by cereals (food).

Wu Qian: "Cereal Vital Energy" is the Stomach Vital Energy. "Cereal Vital Energy flowing downward" means pathogenetic Heat of the Stomach flows downward and leaks out with defecation.

3. Cereal Vital Energy flowing downward: With the downward flowing of the Vital Energy, the Yin and Yang are harmonized and the syndrome is thus gone.

**CLAUSE 111**

Initial Yang syndrome, febrile disease caused by Wind. When scorching therapy is used as a diaphoresis, the pathogenetic Wind, forced by the scorching fire, will disturb the normal function of the Vital Energy and Blood. The conflict of two excessive Heats will turn the patient's skin yellowish. Excessive Heat causes epistaxis, while the Yin Deficiency (exhaustion of the Body Fluid) results in dysuria. The exhaustion of Yin and Yang makes the skin dry and rough. Sweat over the head never passes beyond the neck. Other symptoms and signs may also occur: Abdominal distention, light asthma, a parched and inflammatory throat, and no stool (for a few days). Then after some time, delirium, nausea, a restless movement of the extremities, and subconscious

touching of clothes and bed will appear as dangerous signs of the disease. The case would be curable if the patient's urination is normal (1).

#### NOTES

1. When urination is still normal, it shows that the Body Fluid is not yet totally exhausted.

Cheng Yingmao: All the symptoms and signs in this clause are indications of an abnormal movement of excessive pathogenetic Heat and exhaustion of the Yin Vital Essence. It will result in a serious case when pathogenetic Wind is forced by Fire. For such a case, dispersion of Wind will make the Fire fiercer, and elimination of Fire will bring about congelation of Wind. Then what's to be done? A dose of diuretic will be the cure. Decoction of Polyporus Umbellatus (see Clause 223 for the prescription) and the like can be used to eliminate the Heat, moisten the Dryness and lead the pathogenetic factor of the Initial Yang Channel out of Urinary Bladder. It is fatal when a dose of diuretic does not function in the case, as pathogenetic Heat cannot find its way out.

*Acupuncture Points:* Shangyang (LI 1), Xingjian (LR 2), Zhigou (SJ 6), Yangfu (GB 38).

#### CLAUSE 112

Febrile disease caused by Cold, floating pulse: Scorching therapy used as a diaphoresis will cause loss of Yang (1). Mania, irritation, and restlessness will occur. To rescue it, Decoction of Ramulus Cinnamomi *Jiuni* can be adopted.

#### NOTES

1. Loss of Yang: Loss of the Heart Yang. Table 27 on the following page will be helpful in differentiating different kinds of "Loss of Yang."

Decoction of Ramulus Cinnamomi *Jiuni*\*

(*Guizhi Qu Shaoyao Jia Shuqi Longgu Muli Jiuni Tang*):

Ramulus Cinnamomi	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.
Concha Ostreae	5 <i>liang</i>
Ramulus et Folium Dichroae	3 <i>liang</i>
Os Draconis	4 <i>liang</i>

\*This is a shortened title of the prescription. The original prescription should read "Decoction of Ramulus Cinnamomi subtracting Radix Paeoniae adding Ramulus et Folium Dichroae, Os Draconis and Concha Ostreae *Jiuni*." *Jiuni* means "rescuing the adversity."

TABLE 27. DIFFERENT KINDS OF "LOSS OF YANG"

	Causes	Symptoms	Treatment	Prescriptions
Loss of Heart Yang	Spirit forced by Fire	Restlessness, irritability, mania	Restore Yang, tranquilize the spirit	Decoction of Ramulus Cinnamomi <i>Jiuni</i> (Clause 112)
Loss of Kidney Yang	Kidney Vital Energy disturbed by perspiration	Cold on extremities, diarrhea, feeble-slender pulse, contracture and muscle spasms	Warm the Kidney to restore the Yang	Decoction of <i>Zhenwu</i> (Clause 82), Decoction of <i>Sini</i> (Clause 29)
Loss of Vital Resistance ( <i>Wei Yang</i> )	Exterior Deficiency caused by perspiration	Profuse perspiration, aversion to cold	Stabilize the Vital Resistance and Exterior	Decoction of Ramulus Cinnamomi adding Radix Aconiti Praeparata (Clause 20), Decoction of Radix Paeoniae, Radix Glycyrrhizae and Radix Aconiti Praeparata (Clause 68)

Stew Ramulus et Folium Dichroae in one *dou* two *sheng* of water till one *dou* is left. Put the rest of drugs into it and stew it till three *sheng* are left. Filter the decoction and take one *sheng* each time.

*Explanation of the Prescription:* Decoction of *Jiuni* in Chinese bears the meaning "decoction for rescuing the adversity." It serves to rescue the patient from the dangerous adversity caused by the scorching therapy by restoring the Heart Yang Vital Energy with Radix Glycyrrhizae Praeparata and Ramulus Cinnamomi, easing the irritation and restlessness with Os Draconis and Concha Ostreae, dredging the Yang Vital Energy to let out the pathogenetic factor with Ramulus et Folium Dichroae, and harmonizing the Interior with Rhizoma Zingiberis Recens and Fructus Ziziphi Jujubae.

*Acupuncture Points:* Jiaoxin (KI 8), Ximen (PC 4), Hegu (LI 4), Fuliu (KI 7).

## CASES

Case 1 (17 p. 168): Seminal Emission, Neurosis

Male patient, 23, had been suffering from insomnia and seminal emission frequently in the past year, accompanied by lumbago, limp legs, frequent urination, soreness of

eyes, tinnitus, costal pain, thin and white tongue coating and deficient-huge pulse. The patient was of weak build and had an imbalanced Heart and Kidney Vital Energy. Decoction of *Ramulus Cinnamomi Jiuni* was given as follows:

<i>Ramulus Cinnamomi</i>	10 grams
<i>Concha Ostreae</i>	30 grams
<i>Os Draconis</i>	30 grams
<i>Radix Paeoniae Alba</i>	15 grams
<i>Radix Glycyrrhizae</i>	10 grams
<i>Radix Angelicae Sinensis</i>	10 grams
<i>Poria</i>	12 grams
<i>Rhizoma Ligustici Chuanxiong</i>	6 grams
<i>Rhizoma Zingiberis Recens</i>	10 grams
<i>Fructus Ziziphi Jujubae</i>	4 pcs.

After taking four doses of the above, the patient had better sleep, less emission and less tinnitus and costal pain. In the second treatment the same prescription adding following two drugs was given:

<i>Cortex Albiziae</i>	30 grams
<i>Caulis Polygoni Multiflori</i>	30 grams

After taking some ten doses of the second decoction, emission reduced to once every other week, and the patient could sleep better. In the third treatment pills made from the following ingredients were given:

Same decoction as in second treatment, subtract *Rhizoma Zingiberis Recens*, add *Rhizoma Zingiberis* (3 grams) and *Radix Rehmanniae* (20 grams). Every pill was 10 grams, one pill in the morning and one pill in the evening were given daily to achieve a full recovery.

#### Case 2 (22 p. 161): Insomnia with Fright and Irritation

Male patient, 36, had had an excessive fright and since then had been suffering from fright and irritation day and night. He dared not sleep in the room by himself and had to have another person to accompany him. Even in the day, he was extremely timid and would be frightened having cold extremities, sweat appearing on palms and contraction of scrotum. Then he would have frequent urination and repeated passing of flatus, anorexia, pale tongue with white coating, and tight pulse. Decoction of *Ramulus Cinnamomi Jiuni* was given:

<i>Ramulus Cinnamomi</i>	12 grams
<i>Radix Glycyrrhizae Praeparata</i>	24 grams
<i>Rhizoma Zingiberis Recens</i>	9 grams
<i>Fructus Ziziphi Jujubae</i>	6 pcs.
<i>Os Draconis</i>	50 grams
<i>Concha Ostreae</i>	50 grams
<i>Radix Polygalae</i>	9 grams

Arillus Longan	100 grams
Fructus Triticum	100 grams

After taking three doses the syndrome was greatly reduced. In the second treatment, the same prescription adding the following was given for several doses before a full recovery:

Radix Astragali	15 grams
Radix Paeoniae Alba	9 grams

### CLAUSE 113

Symptoms and signs similar to febrile disease caused by Cold, but the pulse is weak instead of being tight and tense. Weak pulse generally indicates a thirst for water (1). Delirium is sure to happen if the patient is scorched. When the patient is feverish with a weak pulse, if the pulse is also floating, diaphoresis can be used to dispel the syndrome (2).

#### NOTES

1. A weak pulse indicates Interior Deficiency and a lack of Body Fluid. Thus the patient is thirsty.

2. A floating pulse indicates the existence of the Exterior syndrome. Thus a diaphoretic can be adopted.

Explanation of the clause: The syndrome described in this clause is the initial stage of an acute febrile disease (*Wenbing*). The symptoms and signs similar to febrile disease caused by Cold indicate such symptoms as chills and fever, headache, etc., but the pulse is weak, an indication of the insufficiency of Yin. Thirst of water is a proof of excessive Interior Heat. This is a case of acute febrile disease, which should be treated with the conventional therapies directed to febrile diseases caused by Cold. If such diaphoresis as scorching therapy were adopted, the Interior Heat could only be augmented, bringing forth delirium most likely. Also see Clause 6.

*Acupuncture Points:* Chongyang (ST 42), Gongsun (SP 4), Shenmen (HT 7), Zhizheng (SI 7).

### CLAUSE 114

Initial Yang syndrome: If scorching therapy cannot bring about perspiration, it will cause vexation and irritation in the patient. When the syndrome has transmitted to all the Channels and still is not gone, the patient will have gastrointestinal bleeding. This is caused by pathogenetic Fire (1).

## NOTES

1. Cheng Yingmao: When scorching therapy adopted for the Initial Yang syndrome fails to obtain perspiration, it shows the exhaustion of the Body Fluid. Without Yin (Body Fluid), Yang (Vital Energy) cannot produce perspiration. When Yin is scorched by Fire, Heat cannot find its way out, and vexation and irritation are likely to occur.

*Acupuncture Points:* Zulinqi (GB 41), Hegu (LI 4).

## CLAUSE 115

A floating pulse and high fever are indications of an excessive syndrome. If moxibustion therapy is adopted, a parched throat and hemoptysis will occur. As moxibustion therapy can only be adopted for a deficient syndrome, when it is used in an excessive case, "Fire" will stimulate the blood to move abnormally, constituting a misapplication (1).

## NOTES

1. Floating pulse and high fever are indication of an excessive syndrome, which should not be treated with moxibustion, a therapy that can only add Heat to the syndrome. Chen Xiuyuan suggested the treatment of *Dahuang Huanglian Xiexin Tang* (Clause 154).

*Acupuncture Points:* Shaoshang (LU 11), Shangyang (LI 1), Zhaohai (KI 6), Chengjiang (RN 24).

## CLAUSE 116

Moxibustion should not be adopted when the pulse is feeble and speedy, as the pathogenetic Fire will cause vexation and irritation. This is treating an excessive syndrome with therapy suited to a deficient syndrome, causing abnormal circulation of the Blood. Although the fire of moxibustion is not very strong, it is forcibly destructive to the Interior and harmful to bones and tendons. When the Blood is hurt, recovery is difficult. Diaphoresis should be adopted when the pulse is floating. Adoption of moxibustion impairs the leaking out of the pathogenetic factors, which later becomes more acute and causes heaviness and numbness below the waist. This is termed "Adversity caused by pathogenetic Fire." Self recovery first comes with the symptom of vexation, then sweat, and finally recovery. A floating pulse is the indication of the Exterior syndrome, which will vanish after perspiration.

## NOTES

1. Cheng Yingmao: The Exterior syndrome with floating pulse should be treated by the adoption of a diaphoretic. After the scorching therapy is adopted, the pathogen cannot find its way out but is strengthened by the Fire. Yin Blood is thus exhausted. Body parts below the waist are nourished by the Nutrient Essence (Yin). When Yin is exhausted, there will be heaviness and numbness. This clause shows us that when heaviness and numbness are observed in such a case, dispersion of the pathogenetic Fire will bring about a cure.

*Acupuncture Points:* Tongli (HT 5), Dazhong (KI 4).

## CLAUSE 117

When the therapy of warm needle acupuncture is used to induce perspiration, if the locus of the puncture hole is left unprotected and affected by cold, it will turn red and swollen. The sensation of a forcible impulsive movement will come up from the abdomen to the chest, resulting in a *Bentun* (1). Apply moxibustion of moxastick (2) and prescribe Decoction of Ramulus Cinnamomi adding Ramulus Cinnamomi two *liang*.

## NOTES

1. *Bentun*: See Clause 65.
2. Moxastick: Stick made of *Folium Artemisiae Argyi*.

Decoction of Ramulus Cinnamomi adding Ramulus Cinnamomi  
(*Guizhi Jia Gui Tang*):

Ramulus Cinnamomi	5 <i>liang</i>
Radix Paeoniae	3 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.

Stew the above drugs in seven *sheng* of water till three *sheng* are left. Filter the decoction and take a one-*sheng* lukewarm decoction each dose. This is Decoction of Ramulus Cinnamomi with an increased dosage of Ramulus Cinnamomi to five *liang*. The increased Ramulus Cinnamomi can eliminate the syndrome of *Bentun* (Gastroenteroneurosis).

*Explanation of the Prescription:* Decoction of Ramulus Cinnamomi tonifies the Heart function. When Ramulus Cinnamomi is heavily dosed, it will warm the Yang Vital Energy and eliminate the pathogenetic Cold, thus bringing down the antiperistaltic movement of the intestine.

*Moxibustion:* Qichong (ST 30).

*Acupuncture Points:* Guanyuan (RN 4), Gongsun (SP 4).

## CASES

### Case 1 (11 p. 672):

Mr. Zhang from Hubei, a clerk in a bookstore, came to the doctor one day, reporting a strange disease: a feeling of pain ascending from below the umbilicus to the Heart. The ascending might occur repeatedly and was aggravated at night. The ailment had lasted for a month. The doctor examined the patient's tongue and found out it was covered with white and slippery coating. Pulse was deep-slow. Decoction of Ramulus Cinnamomi adding Ramulus Cinnamomi was prescribed. One dose brought about relief and the second dose worked it off.

### Case 2 (11 p. 672): Case Reported in "Jingfang Shiyao Lu"

Mr. Zhou reported to the doctor that he was suffering with a rushing sensation from lower abdomen to the thorax, which occurred four or five times a day, each time accompanied by profuse salivation. This was a case of *Bentun*. The following prescription was given:

Cortex Cinnamomi	1 <i>qian</i>
Ramulus Cinnamomi	2 <i>qian</i>
Radix Paeoniae Alba	2 <i>qian</i>
Radix Glycyrrhizae Praeparata	2 <i>qian</i>
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	8 pcs.

After giving the above decoction abnormal rushing reduced to two or three times a day, with less salivation. Loose stool and passing of flatus were reported, a good sign indicating the downward movement of pathogenetic factors. Second treatment:

Cortex Cinnamomi	1 <i>qian</i>
Ramulus Cinnamomi	3 <i>qian</i>
Radix Glycyrrhizae Alba	3 <i>qian</i>
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	10 pcs.
Cortex Magnoliae Officinalis	5 <i>qian</i>
Rhizoma Pinelliae	3 <i>qian</i>

### Case 3 (18 p. 21):

Female patient, 70, had been suffering from vomiting and abdominal pain for about a year. The patient reported that when the disease attacked, she had vomiting, then a mass formed in the lower abdomen, which was enlarging and caused acute pain. Afterwards, she felt an ascending gas rushing from lower abdomen to the thorax, bringing with it severe pain and a feeling that the patient wanted to die. Then the gas began to descend, and the pain was gradually reduced. This was a case of *Bentun*, which was caused by mental depression and fright. The patient said that her daughter



had just passed away and this made her very sad, therefore, Decoction of *Ramulus Cinnamomi* adding *Ramulus Cinnamomi* was given:

<i>Ramulus Cinnamomi</i>	15 grams
<i>Radix Glycyrrhizae Alba</i>	9 grams
<i>Radix Glycyrrhizae Praeparata</i>	6 grams
<i>Rhizoma Zingiberis Recens</i>	9 grams
<i>Fructus Ziziphi Jujubae</i>	4 pcs.

The above decoction was served in 14 doses, one dose every day. The ailment was reduced greatly. In the second treatment, the following was added to harmonize the Stomach and eliminate the Water-retention:

<i>Rhizoma Pinelliae</i>	9 grams
<i>Poria</i>	9 grams

Another ten doses were given. After the third treatment, the patient reported that she still had slight pain in the epigastrium, headache and constipation. Pulse on left Bar position (under middle finger) was tight, an indication of the abnormal excessive state of Liver and Stomach Vital Energy. Decoction of *Lizhong* (Clause 386) with additions was prescribed:

<i>Radix Ginseng</i>
<i>Rhizoma Zingiberis</i>
<i>Radix Glycyrrhizae Praeparata</i>
<i>Rhizoma Atractylodis Macrocephalae</i>
<i>Cortex Cinnamomi</i>
<i>Fructus Evodiae</i>

Two months later the patient said she was feeling well and no recurrence was experienced.

#### Case 4 (18 p. 22):

Female patient, 50, had a very strange disease. At first the patient felt an ascending gas moving upward from both malleoli to the lower abdomen, following the ventral side of legs and thighs. When it reached the lower abdomen it caused abdominal distention. When it rushed to the thorax, the patient felt restless and had palpitations. Cold sweat appeared on the forehead and the patient was in great terror, feeling as if she was "dying." After a while, the gas descended and the syndrome subsided. These attacks occurred three or four times a day. The patient also had limp feeling in the waist and profuse leukorrhea and her complexion was yellow and bluish. Tongue was tender and swollen, covered with a white moist coating. Pulse was tight, slender, speedy and weak. This was a *Bentun* syndrome. Decoction of *Ramulus Cinnamomi* adding *Ramulus Cinnamomi* was prescribed:

<i>Ramulus Cinnamomi</i>	15 grams
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Radix Paeoniae Alba	9 grams
Rhizoma Zingiberis Recens	9 grams
Radix Glycyrrhizae	6 grams
Fructus Ziziphi Jujubae	7 pcs.

After taking five doses of the above decoction, *Bentun* never occurred again.

### CLAUSE 118

After the adoption of scorching therapy, a purgative is prescribed, and then warm needle acupuncture is practiced. The patient feels restless. Decoction of Ramulus Cinnamomi, Radix Glycyrrhizae, Os Draconis and Concha Ostreae will serve as a curative.

Decoction of Ramulus Cinnamomi, Radix Glycyrrhizae,  
Os Draconis and Concha Ostreae  
(*Guizhi Gancao Longgu Muli Tang*):

Ramulus Cinnamomi	1 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Concha Ostreae	2 <i>liang</i>
Os Draconis	2 <i>liang</i>

Stew the above drugs into five *sheng* of water till 2.5 *sheng* are left. Filter the decoction and take three doses a day with eight *ge* each dose.

*Explanation of the Prescription:* Ramulus Cinnamomi and Radix Glycyrrhizae Praeparata are used to restore the Heart Yang Vital Energy. Os Draconis and Concha Ostreae ease the mind and eliminate restlessness.

*Acupuncture Points:* Daling (PC 7), Taixi (KI 3), Hegu (LI 4), Taichong (LR 3).

### CASES

#### Case 1 (25 p. 641)

Female patient, 42, had been suffering from palpitations and fidgeting which was aggravated by a recent mental irritation. The patient was restless and irritated, had insomnia and was always timid. She received the diagnosis of "disorder of vegetative nervous system." Decoction of Ramulus Cinnamomi, Radix Glycyrrhizae, Os Draconis and Concha Ostreae and Decoction of Fructus Ziziphi Spinosae were used in the same decoction as follows:

Ramulus Cinnamomi	9 grams
Radix Glycyrrhizae	15 grams
Os Draconis	30 grams
Rhizoma Ligustici Chuanxiong	6 grams

Rhizoma Anemarrhenae	10 grams
Poria	15 grams
Concha Ostreae	30 grams
Fructus Ziziphi Spinosae Praeparata	15 grams
Cortex Albiziae	15 grams
Caulis Polygoni Multiflori	15 grams
Radix Pseudostellariae	15 grams
Semen Biotae	9 grams

After taking three doses of the above decoction, the patient had fewer palpitations and more sleep. In the second treatment, Fructus Triticis Levis and Fructus Ziziphi Jujubae were added to the formal prescription and fifteen doses were taken before a full recovery was achieved.

#### Case 2 (13 p. 92): Fright

Female patient, 28, had been suffering from palpitations and fright for a long time. Whenever she worked a little she would feel fidgety and would press her chest with her hands. The patient had had restlessness for more than two years. In the past year the patient had insomnia, depression, hypomnesia, spontaneous perspiration, anorexia, cold on extremities and auditory hallucinations. Pulse was slender and weak. Decoction of Ramulus Cinnamomi, Radix Glycyrrhizae, Os Draconis and Concha Ostreae was prescribed. After two doses the patient felt much better so another five were taken. Pills made in accordance with the above prescription were given daily to the patient for a month.

#### Case 3 (13 p. 92): Seminal Emission

Male patient, 20, unmarried, had been suffering from nocturnal emission for about a year followed by masturbation. At first emissions occurred every three or five days and later almost every night. Plenty of tonics and drugs of astringent quality were used, but to no avail. Other symptoms included vertigo, dimness of vision, palpitations, insomnia, depression, tide-fever, spontaneous perspiration, night sweating, pale face, emaciation, limp extremities and waist as well as general fatigue. Pulse was slender, moderate and weak. No coating was found on tongue. Decoction of Ramulus Cinnamomi, Radix Glycyrrhizae, Os Draconis and Concha Ostreae was prescribed with additions and subtractions. In less than two months with one dose each day, the syndrome was completely gone. No recurrence was reported within the next two years.

#### Case 4 (13 p. 93): Insomnia

Male patient, 45, had been suffering from insomnia for years. In the recent year it had become aggravated. The patient consulted both Western and Chinese doctors without effect. He had vertigo, palpitations, tinnitus, perspiration and cold on extremities. Pulse was deep, slow and weak. Tongue was pale and swollen. Decoction of Ramulus Cinnamomi, Radix Glycyrrhizae, Os Draconis and Concha Ostreae was given. After 13 to 14 doses the patient had a good sleep. Pills made from the same prescription were taken to supplement this treatment.

**CLAUSE 119**

Initial Yang syndrome, febrile disease caused by Cold: The patient will turn manic if warm needle acupuncture is practiced (1).

**NOTES**

1. The correct treatment to the above disease is the adoption of a diaphoretic. If warm needle acupuncture is to be practiced, pathogenetic Cold could not be dispersed from the Exterior. On the contrary, it will sink deep into the Interior as it is forced by the Fire from outside. When the Heart is hampered by such invasion, manic is the logical consequence.

*Acupuncture Points:* Shenmen (HT 7), Dazhong (KI 4), Ximen (PC 4), Taichong (LR 3).

**CLAUSE 120**

Initial Yang syndrome: If the patient does not have chills and a fever as he should with the Initial Yang syndrome, but has spontaneous perspiration and a feeble-speedy pulse under the middle finger, it can be diagnosed that the doctor had used an emetic with the patient. When an emetic is given during the first or the second day, the patient feels hungry but is reluctant to take food. When an emetic is given on the third or the fourth day, the patient prefers cold food to porridge, and vomits out the food in the evening if it was taken in the morning. The adoption of an emetic is then a minor mistake (1).

**NOTES**

1. It is a mistake to use an emetic for the Initial Yang syndrome. But when an emetic can bring about perspiration and the patient does not have chills and fever, but only a Deficiency of the Stomach is brought forth, it is therefore called a "minor mistake." Anyway the adoption of an emetic should be practiced cautiously.

*Acupuncture Points:* Zhiyang (DU 9), Ganshu (BL 18), Zhongwan (RN 12), Pishu (BL 20).

**CLAUSE 121**

Initial Yang syndrome: After the adoption of an emetic, the patient does not feel cold as he should under the Initial Yang syndrome, but prefers to strip his clothes. The reason is that he feels restless after taking the emetic (1).

**NOTES**

1. After an emetic is mistakenly adopted, if the patient does not feel cold, it indicates the dispersion of the Exterior syndrome. When he prefers to strip his clothes and

feels restless, it shows that the emetic has exhausted the Body Fluid and brought forth the Interior Heat.

*Acupuncture Points:* Jueque (RN 14), Jianli (RN 11), Tianshu (ST 25), Xiajuxu (ST 39).

## CLAUSE 122

A speedy pulse indicates an Interior Heat which should promote digestion and whet the appetite. But the patient has nausea and vomiting, the reason being adoption of diaphoresis which had weakened the Yang Vital Energy and caused a Deficiency of the Diaphragm (1). A speedy pulse represents a "Guest Heat," (2) which cannot help digestion. Thus a cold and deficient state of the Stomach causes vomiting and nausea.

### NOTES

1. Deficiency of the Diaphragm here stands for a Deficiency of the Yang Vital Energy of the Heart and Spleen in the chest.

2. Guest Heat, or false Heat: "Guest" is the opposite of "host." So the term generally indicates the pathogenetic Heat caused by climatic factors (or Exterior pathogenesis). Here the Guest Heat is Heat of a deficient type.

*Acupuncture Points:* Zhongwan (RN 12), Shenque (RN 8), Shangjuxu (ST 37), Xiajuxu (ST 39).

## CLAUSE 123

After the Initial Yang syndrome has been dispersed for ten days, the patient is nauseous and tends to vomit, feels pain in the chest, is restless, has loose bowels, and abdominal distention. If an acute emetic and/or a drastic had been given, Decoction of *Tiaowei Chengqi* would suit the case. Otherwise, the decoction should not be adopted. It is not Decoction of Radix Bupleuri syndrome when the patient bears the following symptoms and signs: nausea, pain in the chest, and loose bowels caused by the adoption of an acute emetic and/or a drastic (1).

### NOTES

1. Pain in the chest is caused by the adoption of an acute emetic. Abdominal distention and loose bowels are caused by the misapplication of a drastic. Neither the symptoms and signs of "feeling distention and an oppressed sensation in the chest and costal region" (Decoction of Lesser Radix Bupleuri syndrome, see Clause 96) nor the symptoms and signs of "feeling blocked-up and swollen with a hardened mass in chest" (Decoction of Greater Radix Bupleuri syndrome, see Clauses 103, 165) are observed, so Decoction of Radix Bupleuri is not to be used. The symptoms and signs in this clause suggest that the pathogenetic Heat has sunk down into the Interior of the

Greater Yang Channel. The curative of this will be a dose of Decoction of *Tiaowei Chengqi* (see Clause 29).

*Acupuncture Points:* Zhongwan (RN 12), Tianshu (ST 25), Shangjuxu (ST 37), Xiajuxu (ST 39).

## CLAUSE 124

Initial Yang syndrome, six to seven days: When the Exterior syndrome still remains and the pulse is feeble and deep, the patient does not suffer a blocked-up chest (1), but behaves in a manic way. This is because the pathogenetic Heat congealed at the Lower Portion of the Body Cavity and formed a hard abdominal distention. To resolve the blood stasis when urination is normal (2) will be the cure. The pathology of the syndrome is that the pathogenetic Heat intrudes into the Interior along the Initial Yang Channel. Decoction of *Didang* is a curative (3).

## NOTES

1. Blocked-up chest, *Jiexiong*, see Clauses 128, 129.
2. When urination is normal, the possibility of edema can be excluded. Thus it must be a case of blood stasis.
3. Explanation of the clause: After six or seven days when the Exterior syndrome still remains, it shows that the pathogenetic factors are still resting on the Initial Yang (the Exterior). The corresponding pulse should be floating. Instead, the pulse described in this clause is feeble and deep, an indication of the inward invasion of pathogenetic factors. When the pathogenesis invades the Interior, there should be a blocked-up chest. But instead, the patient behaves in a manic way and has abdominal distention, which can be either Water-fluid retention or blood stasis. But normal urination tells that there is no Water Fluid retention. So it must be a case of blood stasis. To treat the blood stasis in an Exterior syndrome, the Exterior syndrome should be treated first, according to general principle. But there are exceptions. Decoction of *Didang* syndrome is an example: As the Interior syndrome is so acute (the patient turns manic), it should be dealt with prior to the Exterior syndrome. Table 28 is a comparison of Water Fluid retention and blood stasis vs. treatments by Decoction of Semen Persicae *Chengqi*. Decoction of *Didang*, and *Wuling Powder*.

Decoction of *Didang*  
(*Didang Tang*):

Hirudo	30 pcs.
Tabanus	30 pcs.
Semen Persicae	20 pcs.
Radix et Rhizoma Rhei	3 <i>liang</i>

TABLE 28. COMPARISON OF WATER FLUID AND BLOOD STASIS AND THEIR TREATMENTS

Pathology	Water Fluid retention	Blood stasis
Causes	Pathogenetic factors in Yang nature invade the Bowels. Water retains in the Urinary Bladder Channel.	Pathogenetic factors in Yang nature invade the Bowels. Heat and Blood intermingle and congeal, causing stasis at the lower portion.
Symptoms	<ol style="list-style-type: none"> <li>1. Fever, chill, perspiration</li> <li>2. Restless, thirst, or want to drink water but vomit out the water just taken</li> <li>3. Dysuria</li> <li>4. Interior uneasiness, abdominal distention</li> </ol>	<ol style="list-style-type: none"> <li>1. With or without Exterior syndrome</li> <li>2. Behaves in a manic way, or turns manic</li> <li>3. Normal urination</li> <li>4. Distention and hardness in the lower abdomen</li> </ol>
Pulses	Floating, speedy	Deep, hesitant or deep, slow-uneven
Principle of treatment	To promote the normal circulation of Vital Energy so as to drain the Water	To disperse the blood stasis
Principal prescription	<i>Wuling Powder</i> (Clause 71)	Decoction of Semen Persicae <i>Chengqi</i> (Clause 106), Decoction of <i>Didang</i> (Clause 124), <i>Didang Pills</i> (Clause 126)

Stew the above drugs in five *sheng* of water till three *sheng* are left. Filter the decoction and take one *sheng* as a dose. If stasis is not resolved, take another dose.

*Explanation of the Prescription:* Hirudo and Tabanus resolve the blood stasis. Semen Persicae removes the old and brings forth the new. Radix et Rhizoma Rhei, bitter and cold, eliminates the pathogenetic Heat. Decoction of *Didang* is a strong stasis-resolving prescription.

Yu Chang: Blood stasis which makes the patient manic is an indication of pathogenetic Heat affecting the Heart Vital Energy. Decoction of Semen Persicae *Chengqi* is not strong enough to resolve the stasis and Decoction of Ramulus Cinnamomi is not strong enough to disperse the morbid condition. So Decoction of *Didang*, an acute curative of blood stasis, is the proper remedy for the case.

Zhang Lu: When the pathogenetic factor blocks the chest, Decoction of Greater *Xianxiong* (see Clause 134) is the curative. When the pathogenetic factor congeals at the abdomen, Decoction of *Didang* is a remedy to resolve blood stasis.

Cheng Zhi: Pulse feeble and deep indicates the sinking down of the pathogenetic factors. When the Exterior syndrome still remains, if a blocked-up chest is not observed, the pathogenetic factor must have sunk into the Lower Portion of the Body Cavity, following the Initial Yang Channel. Normal urination is an indication of the pathogenetic factors resting on Blood, but not on the Vital Energy.

Cheng Yingmao: When the pathogenetic factor congeals with the Vital Energy, there will be dysuria. When it congeals with the Blood, it forms stasis. Since Blood stagnates there, a stasis-resolving drug is needed.

*Acupuncture Points:* Guanyuan (RN 4), Zhongji (RN 3), Siman (KI 14), Zhongzhu (KI 15), Taichong (LR 3), Hegu (LI 4), Houxi (SI 3), Sanyinjiao (SP 6).

## CASES

### Case 1 (22 p. 307): Mania

Female patient, 18, was manic and could not be helped by Western or Chinese medicine. Half a month later she could not get up from her bed and no food was taken for a few days. A veteran TCM doctor, Yi Chenhuan, was sent for. Diagnosis: Pulse on all the six positions was speedy and swift, and slippery on both positions of Cubit. Area around the navel was hard and painful. The disease attacked when she was having her menstruation period. There was no stool for more than a week. Urination was somewhat normal. Tongue was dark red and dry. This was a case caused by blood stasis and pathogenetic Heat. Decoction of *Didang* was the correct cure:

Semen Persicae	25 grams
Radix et Rhizoma Rhei	10 grams
Hirudo	10 grams
Tabanus	10 grams

As Tabanus was not available at the time the doctor instructed that the decoction could still be taken without it.

The next morning her relative reported a loose stool but no other significant changes had taken place. The doctor reflected a while and came to the conclusion that lack of Tabanus in the decoction made it less powerful. Since there was no supply in the pharmacies, the patient's relatives tried very hard to catch some twenty pieces of live Tabanus (gadfly). The patient was then given the decoction with Tabanus. Three hours later the patient had vaginal discharge of dark purple color with clots, and defecated greasy, black feces. She was given some sugar water and then had a sound sleep.

The following morning, the patient woke up feeling hungry and said she was feeling extremely tired.

Prescription for the second treatment:



Radix Rehmanniae  
Radix Cynanchi Atrati  
Radix Salviae Miltiorrhizae  
Plumula Nelumbinis  
Folium Nelumbinis  
Succinum

The patient finally returned to herself. When she was fully recovered she reported that before she had her menstruation she had a depressed mind, and during the period she felt terror and fright. This was actually the cause of the blood stasis, the doctor concluded. A few years later the patient married and had a child. No recurrence was ever reported.

Case 2 (22 p. 308):

A patient was manic with high fevers and a red tongue in July. The patient reported that there was abdominal distention, and normal urination. Diagnosis: Pulse was extremely deep and feeble, but turned swift and mighty when pressed deeply. In an Exterior case, if the pulse was deep and feeble, it indicated that the pathogenetic factors had invaded the Interior. When the pulse was pressed deeply, the swift and mighty pulsation showed the hidden Yang struggling with the Yin, and this made the patient manic. This was a case caused by the blood stagnating in the lower abdomen. Decoction of *Didang* was given. After taking the decoction profuse stasis in the form of a clot was passed. At the same time that Decoction of *Didang* was given, juice made from Radix Rehmanniae Praeparata was served repeatedly to protect the Yin (as Decoction of *Didang* might damage the Yin and Blood). When there was a normal stool, Radix Ginseng, Radix Aconiti and Radix Glycyrrhizae Praeparata were given to stabilize the Body Resistance. Finally, after taking large quantities of the above three drugs (as shown below) the patient fully recovered. The patient had taken over a period of time 1,000 grams of Radix Rehmanniae Praeparata, 500 grams of Radix Ginseng, and 120 grams of Radix Aconiti.

Case 3 (22 p. 308): Jaundice with Mania

A patient had febrile disease caused by Cold for seven or eight days. Pulse was feeble and deep, with yellowish skin, mania, abdominal distention, cold at area below umbilicus and normal urination. Decoction of *Didang* was given. A defecation of several liters of black blood brought forth a perspiration and the mania subsided subsequently.

Case 4 (22 p. 308): *Zhengjia* (mass in the abdomen with or without fixed shape)

Mr. Yu, 30, was a hardened alcoholic. While he was living in a foreign country in October 1973, he drank in one night, three big bottles of wine at a banquet and got totally drunk. The next morning he felt feverish and had a headache, abdominal pain, bitterness in mouth and extreme thirst. Hardness and distention were found under the right rib. He went to the hospital and was treated for more than ten days. Headache was considerably reduced and fever dropped a little, but hardness and distention under right rib worsened. He changed to another hospital. All of this lasted seven months. The patient no longer had a headache and fever. Abdominal pain was reduced a bit but hardness and distention under the right rib was even worse. He went to a hospital in Hong Kong

for treatment of one month, which didn't seem to work. He returned home with a big swollen abdomen. After repeated treatment in his hometown, the patient was desperate as there was no sign of relief. Finally, introduced by his father-in-law, the patient was brought to Doctor Cao Yingfu, a famous doctor of TCM at that time.

Diagnosis: The patient was extremely emaciated and anorexic, had difficulty in walking and standing, with turbid voice. Stool was difficult, urine was red and yellowish. Tongue was red, covered with white coating. Abdomen was forcibly distended and the right abdomen was as hard as rock. Pulse was deep, hesitant and excessive. The doctor reflected for quite a while and finally made the diagnosis as follows: Deep and hesitant pulse indicated stasis and stagnation at the Interior. But the pulse was also excessive, although the disease had lasted for such a long time. This showed that the patient's Body Resistance was not yet exhausted. The cause of the disease was the excessive drinking, which invaded the Blood and caused the blood stasis, which again hampered the Liver severely. A mass was taking shape in the Liver area (right rib). Since the patient was not very weak, Decoction of *Didang* was given to remove the stasis:

Tabanus	12 grams
Hirudo Praeparata	12 grams
Radix et Rhizoma Rhei	30 grams
Semen Persicae	30 grams*

\*Very big dosages for all the four drugs.

After taking the decoction, there were several loose stools and the patient began to feel better in his abdomen. Three doses were given. In the second treatment, 30 grams of Radix Angelicae Sinensis were added to the decoction. Four doses were taken.

In the last four days of medication there had been repeated defecations of clots and melena. Abdominal distention was subsiding and the abdomen began to shrink. The mass at the right rib was also reduced. To protect the Body Resistance, 15 grams of Radix Codonopsis Pilosulae and 15 grams of Radix Astragali were added to the original prescription in the third treatment. Four doses were served. In the fourth treatment, dosage of Radix Codonopsis Pilosulae and Radix Astragali was increased to 30 grams each. Another four doses were given.

After repeated treatment of the above decoctions the patient had a bright face, better appetite and deep, feeble and soft pulse. The mass and distention all disappeared. In the final phase of treatment, tonics were given to help the patient gain a full recovery.

#### Case 5 (12 p. 62)

Female patient, in her twenties who had been married for several years, was eager to become pregnant. Menstruation was normal. The patient thought her sterility was caused by malnutrition, so she had been taking tonics of TCM for a long time and received injections of Western medicine. She then found with delight that her menstruation stopped and thought that she had conceived at last. In order to protect the "fetus," she took more tonics than before. Three months after the menstruation stopped she often felt restless and irritated with flushed face and parched tongue, insomnia that lasted the whole night and talked to herself continuously. One day when shopping, she suddenly became manic. She was carried home and kept in an empty

room, where she kept on shouting, weeping, laughing and singing day and night.

Diagnosis: Pulse was grand and speedy, tongue was dark purple, with flushed face and red eyes, constipation, hardness and distention were found in the lower abdomen. It was a case caused by blood stasis, but not a pregnancy. Decoction of *Didang* and Decoction of *Semen Persicae Chengqi* were used in the same decoction:

Tabanus	9 grams
Hirudo	9 grams
Semen Persicae	9 grams
Flos Carthami	9 grams
Radix et Rhizoma Rhei	12 grams
Eupolyphaga seu Steleophaga	9 grams
Natrii Sulfas (used in two servings, melt into the decoction)	12 grams

After taking seven doses of the above decoction continuously, there were repeated defecations of brown, greasy feces. The mania was under control, but the patient was still mentally ill, and unable to recognize the people around her.

Second treatment:

Radix et Rhizoma Rhei	9 grams
Semen Persicae	9 grams
Flos Carthami	9 grams
Radix Angelicae Sinensis	9 grams
Radix Paeoniae Rubra	9 grams
Rhizoma Ligustici Chuanxiong	9 grams
Rhizoma Sparganii	9 grams
Rhizoma Zedoariae	9 grams
Faeces Trogopterorum	9 grams
Pollen Typhae	9 grams
Radix Salviae Miltiorrhizae	15 grams

Seven doses of the above decoction were given. Menstruation resumed, with dark color, in small quantity. Another eight doses (with *Radix et Rhizoma Rhei* reduced to six grams) were given. The patient was much better. After repeated treatment for half a year, the patient resumed her normal menstruation and mental state.

## CLAUSE 125

Initial Yang syndrome: Yellowish skin, deep, slow and uneven pulse (1), a rigid sensation in the lower abdomen, and dysuria are the symptoms and signs of non-blood stasis (2). Normal urination and manic behavior are the symptoms and signs of blood stasis. Decoction of *Didang* will be a curative (3).

## NOTES

1. Slow and uneven pulse: Pulse beats slowly with intervals at times.
2. Wang Hu: No therapy is mentioned here for the case with dysuria. Some commentators presented different prescriptions such as:

Decoction of Herba Artemisiae Scopariae (see Clause 236);

*Wuling Powder* (see Clause 71);

Herba Artemisiae Scopariae *Wuling Powder* (*Yinchen Wuling San*). Prescription: Herba Artemisiae Scopariae powder and *Wuling Powder*, the same dose, mixed.

3. Jaundice is generally the outcome of condensed Heat intermingling with Humidity. But sometimes, blood stasis may also become the cause of jaundice, as stated in this clause. Different from jaundice caused by the intermingling of condensed Heat and Humidity, the pathology is that when Blood is not circulating normally, the Nutrient Essence cannot deploy evenly in the body and this is the cause of jaundice.

*Acupuncture Points*: Guanyuan (RN 4), Zhongji (RN 3), Siman (KI 14), Zhongzhu (KI 15), Taichong (LR 3), Hegu (LI 4), Houxi (SI 3), Sanyinjiao (SP 6).

## CLAUSE 126

Febrile disease caused by Cold with Heat syndrome and lower abdominal distention. There ought to be dysuria (if it is not blood stasis). If urination is normal, it is blood stasis syndrome. No other remedy but *Didang Pill* (1) will be the curative.

## NOTES

1. The symptoms under this clause are less severe than that under Clause 125. This is why *Didang Pill*, which is less acute, but not Decoction of *Didang*, is used to resolve the stasis gradually.

*Didang Pill*

(*Didang Wan*):

Hirudo	20 pcs.
Tabanus	20 pcs.
Semen Persicae	20 pcs.
Radix et Rhizoma Rhei	3 liang

Pound the above drugs into powder and make four pills. Stew one pill in one *sheng* of water till seven *ge* are left. After taking the decoction, there will be blood stasis defecated within 24 hours. If not, take another dose.

*Explanation of the Prescription*: The same drugs are used as in Decoction of *Didang*. But the Hirudo and Tabanus in the pill are only two-thirds of the dosage in the decoction. The pill is suitable for a chronic syndrome.

*Acupuncture Points*: Same as in Clause 124.

## CASES

### Case 1 (11 p. 696):

A male was suffering from febrile disease caused by Cold for eight days with symptoms and signs such as feeble and deep pulse, jaundice, mania, lower abdominal distention, cold in area below umbilicus. Urination was still normal. *Didang* Pill was given. After taking the medicine, there was a defecation of blood clots of black color in big quantity. Mania stopped and the syndrome was completely gone when a perspiration was obtained.

### Case 2 (11 p. 696):

Female patient had had a mass in the abdomen for nine days after menstruation. She knew it was not a pregnancy as the mass was extremely painful. A doctor prescribed decoctions mainly containing *Rhizoma Sparganii* and *Rhizoma Zedoariae* (both of them were drugs functioning to remove stasis, but not too strong in its efficacy) but they did not seem to work. Then Doctor Cao Yingfu prescribed *Didang* Pill. Three *qian* (9 grams) of pills were washed down in the first treatment. At night, the patient felt an extremely acute abdominal pain and crawled on the bed. At dawn there was a defecation within which greasy substance of yellow and red colors was found. The patient felt much better. The next day the doctor prescribed *Siwu Tang* (Decoction of *Siwu*: *Radix Paeoniae*, *Radix Rehmanniae Praeparata*, *Radix Angelicae Sinensis* and *Rhizoma Ligustici Chuanxiong*) to harmonize the pathological condition.

### Case 3 (12 p. 66): Schistosomiasis

Mr. Yu, 45, and Ms. Jiang, 29, were both suffering from schistosomiasis. Mr. Yu's symptoms and signs included: dyspnea, sibilant rale during the auscultation, splenomegaly. Ms. Jiang's symptoms and signs included: complication of pulmonary tuberculosis with splenomegaly. Both were given *Didang* Pill. Ten to twelve grams were given daily in two doses, one dose in the morning before meal and another dose in the afternoon before meal (one hour from meal). Each was given such treatment for about 18 to 28 days. No pathological changes were reported during that period, but the patient's appetite improved. Gradually, both of them fully recovered and were able to work in the field again.

## CLAUSE 127

Initial Yang syndrome: If the patient drinks a lot of water, he will either have frequent urination and palpitations (1) or little urination and abdominal distention (2).

## NOTES

1. Water stagnating at the Middle Portion of the Body Cavity affects the normal functioning of the Heart, in all probability causing palpitations.

2. Water stagnating at the Lower Portion will generally cause abdominal distention.

*Acupuncture Points*: Zhongwan (RN 12), Pishu (BL 20), Zhongji (RN 3), Yinlingquan (SP 9).

## PART III

## CLAUSE 128

Question: What are the difference and respective symptoms and signs of Blocked-up Chest (*Jiexiong*) and Viscera Stagnancy (*Zangjie*)?

Answer: Tenderness at the lower part of the chest and epigastric region, pulse floating under fore-finger and deep under middle-finger are the symptoms and signs of Blocked-up Chest (1).

## NOTES

1. Blocked-up Chest, "*Jiexiong*," in Chinese, is caused by stagnancy of the pathogenetic Heat with Water. It is a syndrome of a Yang and Heat nature, caused by using the purgative too early for the Initial Yang syndrome. The pathogenetic factor invades the chest and stagnates there as a Blocked-up Chest.

## CLAUSE 129

Question: And what about Viscera Stagnancy (*Zangjie*) (1)?

Answer: The symptoms and signs are similar to those of Blocked-up Chest but with a normal intake of food and frequent loose bowels. Pulse under the fore-finger is floating but feeble, deep and tense under the middle-finger. If the tongue coating is white and slippery (2), then it is considered to be a serious case.

## NOTES

1. Viscera Stagnancy, "*Zangjie*," is caused by stagnancy of the pathogenetic Cold and Yin on the Viscera. Contrary to Blocked-up Chest in nature, it is a Yin and deficient type syndrome.

2. A white and slippery tongue coating is a reflection of stagnancy of murkiness in Yin and deficient Yang.

Wu Qian: When the pathogenetic factor stagnates at the three Yang Channels, it is a case of Blocked-up Chest. When the pathogenetic factor stagnates at the three Yin Channels, it is termed Viscera Stagnancy. Etiologically, the cases are both caused by the invasion of pathogenetic factors into the Interior when it is in a deficient state after the adoption of a purgative. But they bear different symptoms and pulse. A full and hard chest with tenderness are the symptoms of a Blocked-up Chest. The pulse of the Blocked-up Chest is floating under the fore-finger and deep under the middle-finger. A pulse floating under the fore-finger indicates that the pathogenetic factor rests at the Exterior and chest, the pulse deep under the middle-finger indicates that the pathogenetic factor has invaded the Stomach and the Interior. So we can infer that the pathogenetic factor

has invaded the Interior and the Stomach from the Exterior and chest. Symptoms and signs similar to Blocked-up Chest with a normal intake of food but with frequent loose bowels indicate the syndrome of Viscera Stagnancy. Pulse floating under the fore-finger but feeble, deep and tense under the middle-finger are the pulse of Viscera Stagnancy. Pulse feeble, deep and tense under the middle-finger indicates pains of a Cold nature of Viscera Stagnancy. The pathogenetic factor has sunk and congealed in the Viscera. Both the syndromes bear tenderness, fullness and hardness in chest. But Blocked-up Chest is a case with Interior congelation, so the patient cannot have intake of food. While Viscera Stagnancy is void and deficient in the Interior, the patient can take food as usual. Blocked-up Chest is a case of an excessive type, so the patient suffers local hardness, and tenderness and constipation with a deep pulse. Viscera Stagnancy is a case of a deficient type, so the patient suffers local hardness and tenderness but with loose bowels and feeble-tense pulse.

When the tongue coating is white and slippery, it can be diagnosed that there is no Heat pathological condition in the chest. As Viscera Stagnancy is a case of a deficient type, when such coating is observed, the symptoms match the tongue coating (i.e., symptoms and tongue coating are of the same nature or type). In such a case, *Lizhong Pills* (see Clause 386) and the like (warming and tonifying decoctions) can be adopted as a means of rescue. When a case of Blocked-up Chest bears such a tongue coating, it will be an adverse case (with the syndrome complex of mixed Excess and Deficiency), as Blocked-up Chest is a case caused by a pathological condition of an excessive nature. That's why the text says it is a serious case. (*Golden Mirror of Medicine*, p. 50)

*Remark:* In *Golden Mirror of Medicine*, p. 50, Clauses 128 and 129 are included in the same clause.

Cheng Wuji: Free movement of the Vital Energy is the normal state of Interior harmony. When its movement is hampered, there will be pain (tenderness). When the pathogenetic factor congeals with Yang Vital Energy, Yin Vital Essence cannot move downward. While the pathogenetic factor congeals with Vital Essence, Yang Vital Energy cannot move upward. Both states of congelation cause hardness and tenderness of the relevant part.

Wang Hu: When a purgative is adopted too early, the Stomach Vital Energy will be hurt and food in the Stomach will remain undigested. Thus the Exterior pathogenetic factor congeals with the undigested food and forms a Blocked-up Chest. That is why there is tenderness and a reluctant intake of food. For a case of Viscera Stagnancy, when there is no indigestion in the Stomach, adoption of a drastic will bring the Deficiency to the Viscera. The pathogenetic factor then invades the Interior and stagnates with the Cold and Yin Vital Essence. So Viscera Stagnancy bears the symptoms to Blocked-up Chest but with good intake of food and loose bowels.

## CLAUSE 130

Viscera Stagnancy: If no Yang syndrome or intermittent chills and fevers are observed, the patient is quiet, and the tongue coating is slippery, then no purgative should be adopted (1).

## NOTES

1. When a pathogenetic factor of a Yin and Cold nature stagnates at the Interior, the patient is not restless and irritable. Thus the patient is quiet. When the tongue coating is slippery, it indicates that the syndrome is of a Yin and Cold nature. Only warm-quality decoctions that tonify the Interior can be adopted.

*Points for Moxibustion:* Guanyuan (RN 4), Qihai (RN 6).

## CLAUSE 131

If a purgative is given to dispel the syndrome originating from Yang (1), pathogenetic Heat will invade the Interior to form Blocked-up Chest. In case a purgative is given as a remedy for the syndrome originating from Yin (2), Vital-energy Stagnancy (*Pi*) (3) will take shape. The reason for the formation of the Blocked-up Chest is that a purgative was used too early. One of the symptoms of a Blocked-up Chest is stiffness in the neck, like *Roujing* (4). A dose of purgative, Greater *Xianxiong* Pill, will serve as a curative (5).

## NOTES

1. Syndrome originating from Yang: The syndrome with fevers and chills, or with intermittently more fevers and less chills. After a purgative is given, pathogenetic Heat at the Exterior invades the Interior and is resisted by the Yang Vital Energy in the chest, which forms Blocked-up Chest. Also see Clause 7.

2. Syndrome originating from Yin: The syndrome with no fever but with chills, or with intermittently more chills and less fevers. A purgative adopted mistakenly will lead the guest pathogenetic factors (see Note 2 for Clause 122 for the meaning of "guest") ascending to the chest and struggling against the Yang Vital Energy in the chest, which will form a Vital-energy Stagnancy (*Pi*).

Zhang Jianshan: When the Wind pathogenetic factor invades the Interior, there will be a Blocked-up Chest. When the Cold pathogenetic factor invades the Interior, there will be a Vital-energy Stagnancy. This clause discusses the etiology of the Initial Yang syndrome.

3. Vital-energy Stagnancy (*Pi*): The ancient terminology for a syndrome which is commonly defined as a full and stagnant sensation caused by the stagnancy of the Vital Energy at the chest without pain or a swollen mass.

According to *Terminology of Traditional Chinese Medicine*, the relevant diseases of Vital-energy Stagnancy are acute and chronic gastritis and enteritis, indigestion, etc.

4. *Roujing*: Syndrome described in Master Zhang's other book *Synopsis of Prescriptions of the Golden Chamber*. Chief symptoms are: stiffness at the neck and back, fever, perspiration, etc.

5. The syndrome under this clause is caused by the stagnancy of Heat with Water. Therefore Greater *Xianxiong* Pill is used as an eliminating agent.



Greater *Xianxiong* Pill  
(*Da Xianxiong Wan*):

Radix et Rhizoma Rhei	0.5 <i>jin</i>
Semen Lepidii seu Descurainiae	0.5 <i>sheng</i>
Natrii Sulfas	0.5 <i>sheng</i>
Semen Armeniacae Amarum	0.5 <i>sheng</i>
Radix Euphorbiae Kansui (used separately)	1 <i>qianbi</i>

Pound the above drugs into powder and make pills as big as a bullet (approximately ten grams) each. Stew one pill together with one *qianbi* (equals 1.5 grams) Radix Euphorbiae Kansui and Honey (Mel) two *ge* in two *sheng* of water till one *sheng* is left. Take the decoction when lukewarm. The syndrome will be eliminated overnight. If it is not efficacious, take another dose till the syndrome is gone.

*Explanation of the Prescription:* Greater *Xianxiong* Pill dredges Vital Energy in the Lung to eliminate sputum and facilitate Water circulation. Honey is used for its moistening function. The efficacy of the pill is no less than Decoction of Greater *Xianxiong* (see Clause 134). When acute drugs are made into pill form, it can be used as an acute remedy with chronic attacks.

*Acupuncture Points:* Jueque (RN 14), Zhongwan (RN 12), Riyue (GB 24), Tianshu (ST 25).

## CLAUSE 132

Blocked-up Chest syndrome: A purgative is prohibited when the pulse is floating and huge (1). If it is given, it may result in death (2).

### NOTES

1. Floating pulse indicates non-subsidence of the Exterior syndrome, and huge pulse indicates an Interior Deficiency.

2. Zhang Jianshan: Generally speaking, Blocked-up Chest is a syndrome suitable for a purgative. But when the pulse is floating and huge, it indicates the existence of the Exterior syndrome, which cannot be neglected. Even if there is a Blocked-up Chest, no purgative should be adopted. In case of such adoption, a purgative will make the Interior more deficient and bring the stagnation of the pathogenetic factor into chest, which will result in death.

There are two reasons for the prohibition of purgatives when the pulse is floating and huge:

First, as floating and huge pulse is an indication of Exterior pathogenetic factors, purgative is prohibited because it induces the pathogenetic factors to invade the Interior and causes Blocked-up Chest, as it had caused. If further treatment of purgatives were given, pathogenetic factors would sink completely into the Interior, causing further deterioration of the case.

Secondly, floating-huge and strengthless pulse is an indication of such a pathologi-

cal condition that the pathogenesis is strong and Body Resistance weak. More doses of purgatives can only destroy the already weak Body Resistance and the patient would die when the Body Resistance is extremely deficient and evanescent.

### CLAUSE 133

When all the symptoms and signs of Blocked-up Chest are observed, if the patient is restless, the case may result in a fatality (1).

#### NOTES

1. Restlessness is a reflection of the dispersing of the Body Resistance.

Wei Litong: This clause is a continuation of Clause 132. With all the symptoms of Blocked-up Chest, floating-huge pulse, and restlessness, it can be inferred that the case may end in death.

### CLAUSE 134

Initial Yang syndrome: Pulse floating, moving (1) and speedy. Floating indicates the Wind syndrome. Speediness is the sign of Heat. Moving reflects pain. Speediness also indicates Deficiency (2). Together with the other symptoms and signs such as headache, fever, a slight night sweat and chill, it can be diagnosed that the Exterior syndrome is not gone. If a purgative is given, the moving and speedy pulse will turn into a slow pulse. The patient will feel pain in part of the diaphragm because of compression and will feel empty in the Stomach. While the guest pathogenetic factor hurts the diaphragm, the patient will suffer shortness of breath, restlessness and irritation. Blocked-up Chest is taking shape when the Yang pathogenetic factor (Exterior pathogenetic factor) falls into the Interior and forms a hard "mass" in the chest. Decoction of Greater *Xianxiong* will be a curative (3).

If there is no Blocked-up Chest, but the patient's head perspires and the sweat never goes beyond the neck, and if there is also dysuria, then his skin is sure to turn yellowish (4).

#### NOTES

1. Moving pulse: Similar to a speedy pulse, or a speedy pulse with characteristics of a tense, slippery and short pulse. The feeling under the finger is like a soybean rolling continuously.

2. Wu Qian's remark: "Speediness also indicates Deficiency": This sentence may be a copying mistake, I suspect.

3. Restlessness and irritation in this clause is different from that as enclosed in Clause 76, the Decoction of Fructus Gardeniae and Semen Sojae Praeparatum syndrome. Restlessness and irritation described in Clause 134 is caused by the sub-

stantial congelation of pathogenetic factors, which is of excessive nature, whereas that in Clause 76 is caused by the shapeless Heat, which is of deficient nature, or "deficient" when it is compared with Decoction of Greater *Xianxiong* syndrome. Actually it is not a real deficient syndrome. To facilitate the understanding, the following table may help:

TABLE 29. COMPARISON OF DECOCTION OF GREATER *XIANXIONG* SYNDROME AND DECOCTION OF FRUCTUS GARDENIAE AND SEMEN SOJAE PRAEPARATUM SYNDROME

	Decoction of Greater <i>Xianxiong</i> (Clause 134)	Decoction of Fructus Gardeniae and Semen Sojae Praeparatum (Clause 76)
Cause	Mistreatment to Initial Yang syndrome (also may be inherited from the transmission of other Channels)	Resulting from adoption of diaphoretics, emesis or purgatives
Pathology	Pathogenetic Heat sinks into the Interior and congeals with sputum and Water in chest.	Pathogenetic Heat disturbs the chest and diaphragm.
Symptoms	Hardness, fullness and pain in the epigastrium, resistant to pressure, shortness of breath, restless and irritative	Restless and insomnia, irritation, low fever, perspiration over head
Differentiation	Hardness, fullness and pain in the epigastrium, no high fever at the Exterior	Restlessness, irritation and suffocation in chest
Principle of treatment	Disperse the congelation and Water.	Eliminate Heat so as to relieve restlessness.

4. This is to say that if there is not a Blocked-up Chest after a purgative is wrongly adopted, there is another possibility — the skin may turn yellowish. Pathology is as follows: After adoption of purgative, pathogenetic factors may invade the Interior to form congelation with sputum or Water, if the latter exist. When there are no such substances, pathogenetic Heat will be pent up in the Interior and cannot find its way out, making the Yang Vital Energy unable to circulate normally. When the pathogenetic Heat ascends to the head, there is perspiration only on the head and dysuria hampers the leaking of pathogenetic Heat and Water with the urine. Vaporization of Humidity and Heat must turn the skin yellow.

Decoction of Greater *Xianxiong*  
(Da Xianxiong Tang):

Radix et Rhizoma Rhei

6 liang

Natrii Sulfas

1 *sheng*

Radix Euphorbiae Kansui

1 *qianbi*

Stew Radix et Rhizoma Rhei in six *sheng* of water till two *sheng* are left. Filter the decoction and then put Natrii Sulfas into it and stew for a while. Then put Radix Euphorbiae Kansui powder into the decoction.\* Take one *sheng* each time. When loose bowels are experienced, stop taking the rest of the decoction.

\*Radix Euphorbiae Kansui is a strong drastic suitable for making pills. If it is used in a decoction, it will cause vomiting. That is why in the prescription for Decoction of Greater *Xianxiong* its powder is to be put into the decoction when other drugs have been stewed.

*Explanation of the Prescription:* Decoction of Greater *Xianxiong* is made from Decoction of *Tiaowei Chengqi* adding Radix Euphorbiae Kansui, subtracting Radix Glycyrrhizae. It has three functions: Dredging Water, eliminating stagnancy and softening the hard "mass." Thus it is the principal prescription for treating the Blocked-up Chest syndrome.

Zhu Zhenheng: Before the dispersion of the Exterior syndrome, a purgative is adopted. This has made the Interior deficient. Although a pulse of a Yang nature (floating-moving-speedy pulse) is observed, a dose of purgative will bring the pulse into Yin nature, a slow pulse. An empty feeling in the Stomach, shortness of breath, and restlessness are the signs of an extreme Deficiency. When the Yang pathogenetic factor invades the Interior to form a Blocked-up Chest, can a purgative be adopted as an urgent remedy? Decoction of Greater *Xianxiong* is no less acute than Decoction of *Chengqi*. When the syndrome is deficient after the adoption of a purgative, can the patient stand another purgative to make him more deficient? When the Yang pathogenetic factor of an excessive type is dispersed, the patient will feel empty in the Stomach and restless owing to the disturbance of the guest pathogenetic factor at the diaphragm. In such a case, Decoction of Fructus Gardeniae and Semen Sojae Praeparatum (see Clause 76) can be adopted to induce the pathogenetic factor to be regurgitated from the chest. The syndrome in this text is caused by the mistaken adoption of a purgative for the Initial Yang syndrome. Since there is a clear indication of Deficiency, how can another dose of purgative be adopted again?

Wu Qian's remark: Zhu Zhenheng's comment and therapy of Decoction of Fructus Gardeniae and Semen Sojae Praeparatum suit the case when there is a Deficiency of a Heat nature in the chest before the Blocked-up Chest is formed. If it is a case with a Deficiency of a Cold nature in the chest, the therapy should be the adoption of warming and tonifying decoctions, no matter whether the Blocked-up Chest is taking shape or not.

*Acupuncture Points:* Zulinqi (GB 41), Waiguan (SJ 5), Gongsun (SP 4), Neiguan (PC 6).

## CASES

Case 1 (28 p. 69):

Male patient, 14, was ill one day and Doctor Cao Yingfu was sent for.

Diagnosis: Pulse was grand and huge, high fever, parched mouth, spontaneous perspiration, uneasy movement of his right foot. This was a Greater Yang syndrome. Although the patient was thirsty he was reluctant to drink. He felt stuffy in the chest, with slight tenderness. It was not hard or distended. There had been no stool for five days. This was a case of Humidity prevailing in the upper part and Dryness in the lower part. Pathology was that when Humidity of the Initial Yang Channel sank into the Interior, it congealed with the Heat of the Greater Yang. Humidity and sputum should be attacked. Decoction of Greater *Xianxiong* was given as follows:

Radix Euphorbiae Kansui Praeparata	1.5 <i>qian</i>
Radix et Rhizoma Rhei	3 <i>qian</i>
Natrii Sulfas	2 <i>qian</i>

When the doctor returned home he felt concerned about the case, and considered that Decoction of Greater *Xianxiong* was too strong a purgative for a child of delicate build. Early the next morning he went to see the patient. The patient's mother reported that after having a loose stool with dried feces and greasy substances, the patient was all right and all the other symptoms had subsided. Another prescription to eliminate the remaining Heat was given. From then on the doctor used Decoction of Greater *Xianxiong* many times in the treatment of cases with congelation of Humidity and sputum in the chest, as well as Heat in Stomach and Intestine. Results have always been perfect.

Case 2 (12 p. 67):

Male patient, 28, suffering from fevers and chills had been treated with diaphoretics and then purgatives. However, the syndrome deteriorated. On the sixth day he went to Doctor Zhong, who found the patient had a fever and dyspnea, full, hard and painful epigastrium and abdomen, floating pulse at Inch and deep pulse at Bar, with yellow and harsh tongue coating. This was a case of Blocked-up Chest, requiring Decoction of Greater *Xianxiong*:

Radix et Rhizoma Rhei	18 grams
Natrii Sulfas	12 grams
Radix Euphorbiae Kansui	9 grams
Semen Oryzae Nonglutinosae*	a handful

Four hours after taking the decoction there was a loose stool and great relief. The patient recovered fully after taking the second dose.

\*Semen Oryzae Nonglutinosae was added to protect the Stomach Vital Energy, since the decoction was a very strong purgative.

Case 3 (29 p. 170):

Female patient, 52, first treatment on October 26, 1973. The patient preferred drinking cold water whenever she was thirsty and had been suffering from pain and soreness in all joints of the extremities. Other symptoms included abdominal fullness, distention and pain, tenderness, restlessness and irritation, constipation, thirst, parched

tongue with yellow coating, floating pulse on Inch and deep on Bar. The patient was of plump build. Owing to her drinking cold water, there must be congelation of Fluid-retention at the Interior. When pathogenetic Heat invaded the Interior, it would congeal with the Water and form the Blocked-up Chest. Decoction of Greater *Xianxiong* was to be given to eliminate the Heat and disperse the Fluid-retention:

Radix Euphorbiae Kansui (prepared with vinegar)	4.5 grams
Radix et Rhizoma Rhei	12 grams
Natrii Sulfas	10 grams

Second treatment on October 30. The patient reported that after taking the decoction there was a loose stool and fullness in the chest was greatly reduced. All the other symptoms considerably subsided so another three doses of the same decoction with additions were given. After the syndrome was thus reduced the patient stopped taking the medicine for a few days, which brought back all the symptoms. More medicine was taken and the patient was well again. Another recurrence occurred which showed that the decoction was not strong enough to overcome the syndrome. The doctor instructed the patient to take another dose, which made the patient feel even worse: the patient was extremely restless and irritated. She tried to have a small bowl of porridge to ease herself but as a result suddenly vomited out a big quantity of saliva and then felt much better. Half a month later she was completely recovered.

#### Case 4 (22 p. 117): Meningitis

Infant of three years, male, had fever and dyspnea, repeated vomiting, and was in a stupor state, with clenched teeth and bluish face, opisthotonos and contracture of the extremities. The patient's epigastrium was as hard as rock. After being examined in a hospital the patient was diagnosed as suffering from meningitis, requiring hospitalization. However, the infant's parents decided to try TCM. The following was given:

Radix Euphorbiae Kansui Praeparata	0.9 grams
Radix et Rhizoma Rhei	4.5 grams
Natrii Sulfas (melt into the decoction)	4.5 grams

Three doses were taken. In the process, dosage of the first drug was increased to 1.5 grams and the latter two 6 grams each. Loose stools with watery and greasy substances were then passed. Contractures subsided, breathing returned to normal, and all the other symptoms greatly subsided. Decoction to help produce Body Fluid with sweet and cool drugs was given to obtain a full recovery.

### CLAUSE 135

Febrile disease caused by Cold, six to seven days: Blocked-up Chest caused by an excessive pathogenetic Heat with a deep and tense pulse, pain in the chest and epigastrium, and a hard "mass" like a stone on palpation are the symptoms and signs suitable to Decoction of Greater *Xianxiong* (1).

## NOTES

1. This clause describes the Blocked-up Chest syndrome that is not caused by misapplication of a purgative. It is a Blocked-up Chest with excessive pathogenetic Heat. Comparison can be made to Clause 141 — a case with excessive pathogenetic Cold.

*Acupuncture Points:* Zhongwan (RN 12), Tianshu (ST 25), Xiangu (ST 43), Qiuxu (GB 40).

## CLAUSE 136

Febrile disease caused by Cold, approximately ten days. The syndrome with congelation of Interior Heat as well as intermittent chills and fevers can be eliminated by the adoption of Decoction of Greater Radix Bupleuri. The syndrome of Blocked-up Chest without a high fever is caused by pathogenetic Water stagnating in the costal region. If the patient has only light sweat on the head (1), Decoction of Greater *Xianxiong* can be adopted as a curative.

## NOTES

1. "Sweat on the head" under Clause 134 is an indication of congelation of Humidity and Heat that cannot ease out of the Exterior. Therefore the patient's skin will turn yellowish. "Sweat on the head" in this clause is a sign of a pathogenetic congelation at a high position, which will hamper the downward circulation of the Yang Vital Energy.

Cheng Zhi: Decoction of Greater *Xianxiong* is not applicable to a syndrome complex of congelation of Heat at the Interior with the Lesser Yang syndrome. When Water congeals in chest, Decoction of Greater *Xianxiong* can be adopted even if no high fever is observed.

Cheng Yingmao: Both Decoction of Greater Radix Bupleuri and Decoction of Greater *Xianxiong* are agents that can disperse the congelation. When Decoction of Greater Radix Bupleuri is used to disperse the congelation, the pathological condition at the Exterior will be completely driven out. When Decoction of Greater *Xianxiong* is adopted to disperse the congelation, the pathological condition at the Interior will be completely driven out.

Lin Lan: This clause deals with differences between Blocked-up Chest with Water congelation and Blocked-up Chest with congelation of pathogenetic Heat. "Approximately ten days" will be the time for the pathological condition to go into the Interior. Although pathogenetic Heat has invaded the Interior, there still remains the half-Interior and half-Exterior syndrome, symptoms of which are intermittent chills and fevers. Decoction of Greater Radix Bupleuri is the correct cure for dispersing the pathological conditions from the Interior and Exterior simultaneously. When there is a Blocked-up Chest with fullness at the costal region but no high fever, it must be a Blocked-up Chest with Water congelation. It is not a Decoction of Greater Radix Bupleuri syndrome. How can one differentiate? Sweat of the head is a sign of Water congelation (Blocked-up Chest).

TABLE 30. COMPARISON OF DECOCTION OF GREATER *XIANXIONG* AND DECOCTION OF GREATER RADIX BUPLEURI

Decoction of Greater <i>Xianxiong</i>	Decoction of Greater Radix Bupleuri
Water congeals in chest and ribs	Heat congeals at the Interior (Greater Yang)
No high fever	Intermittent chills and fevers (Lesser Yang)
Hardness and fullness in chest, tenderness	Fullness and distention under epigastrium, restlessness
Dredge through the blocked-up condition and disperse Water	Harmonize and disperse the Interior pathological condition

*Acupuncture Points:* Zhigou (SJ 6), Waiqiu (GB 36), Pianli (LI 6), Shangjuxu (ST 37), Xiajuxu (ST 39).

### CLAUSE 137

Initial Yang syndrome: After the adoption of diaphoretics and then a purgative, the patient has no stool for five or six days. His tongue feels parched and he is thirsty (1). In the afternoon, he has a slight tide-fever. He feels distended over the entire abdomen, full and painful, and cannot bear to be touched (2). Decoction of Greater *Xianxiong* can be adopted as a remedy.

### NOTES

1. Water and Fluid stagnancy impairs the normal Water circulation to the upper part of the body, so the patient feels parched and thirsty.

2. These are the symptoms and signs of a serious case of Blocked-up Chest.

Fang Youzhi: Differentiation has to be made between Blocked-up Chest and Interior Excess of Greater Yang syndrome. No stool for a few days, a parched tongue, thirst for water, tide-fever in the afternoon, and a feeling of fullness, pain and hardness over the entire abdomen are the symptoms and signs of Interior excessive Heat of Greater Yang. But in this case, it is only a low-grade tide-fever. It is not a high fever as in the Greater Yang syndrome. As the Greater Yang syndrome is caused by excessive Heat in the Stomach, therefore when there is any Initial Yang syndrome, no matter how slight, therapy should not follow the Greater Yang syndrome.

Cheng Zhi: Syndrome complex of the Initial Yang Blocked-up Chest with the Greater Yang Interior Excess should be dealt with by a dose of Decoction of Greater *Xianxiong*, so that the pathological conditions in the chest as well as in the



Stomach and Intestine can be eliminated once and for all. If the curative only disperses the Heat conglomeration in the Stomach and Intestine, leaving the pathological condition in the chest untackled (that is the case for curatives dealing with the Greater Yang syndrome), it will not be a good cure.

*Acupuncture Points:* Jueque (RN 14), Guanyuan (RN 4), Zhongwan (RN 12), Tianshu (ST 25), Hegu (LI 4), Fuliu (KI 7), Zhigou (SJ 6), Yanglingquan (GB 34).

### CLAUSE 138

**Minor Blocked-up Chest syndrome:** The pathological condition is right under the Heart (at the epigastrium) with point tenderness on pressure and a floating-slippery pulse. Decoction of Lesser *Xianxiong* can be used to dispel the syndrome (1).

#### NOTES

1. Differentiation of Decoctions of Greater and Lesser *Xianxiong* syndromes: Decoction of Lesser *Xianxiong* syndrome is caused by conglomeration of Heat with sputum in chest, whereas Decoction of Greater *Xianxiong* syndrome by conglomeration of Heat with Water and Fluid in the chest and abdomen.

Zhang Xiju: For prescriptions, there are Decoctions of Greater and Lesser *Xianxiong*. For syndromes, there are acute and less acute syndromes. Most doctors nowadays use Decoction of Lesser *Xianxiong* to deal with Decoction of Greater *Xianxiong* syndrome. Certainly it is hardly efficacious. That is why people say a Blocked-up Chest is fatal.

Decoction of Lesser *Xianxiong*  
(*Xiao Xianxiong Tang*):

Rhizoma Coptidis	1 <i>liang</i>
Rhizoma Pinelliae	0.5 <i>sheng</i>
Fructus Trichosanthis	1 big piece

Stew Fructus Trichosanthis in six *sheng* of water till three *sheng* are left. Put the other drugs into it and stew it till two *sheng* are left. Filter the decoction and take the decoction in three doses.

*Explanation of the Prescription:* Decoction of Lesser *Xianxiong* syndrome is less acute than Decoction of Greater *Xianxiong* syndrome. So Rhizoma Coptidis is used to cool the Heat and dredge the conglomeration. Rhizoma Pinelliae eliminates sputum and drain the Water and Fluid stagnancy. Fructus Trichosanthis brings down the Heat and sputum.

*Acupuncture Points:* Shanzhong (RN 17), Jueque (RN 14), Fenglong (ST 40), Zhigou (SJ 6).

## CASES

## Case 1 (18 p. 231): Acute Hepatitis of Ictero Type

Adult male patient: The Spleen and Stomach lost their normal function of ascent and descent, accompanied by congelation of Humidity and Heat at the Interior, which turned the skin as yellow as orange. Other symptoms included anorexia, fullness in chest, restlessness and irritation, epistaxis, red and scanty urine, constipation, yellow and greasy tongue coating, slippery and speedy pulse. According to Western medicine it was acute hepatitis of ictero type. In TCM, treatment is to eliminate the Heat, break up the congelation and disperse the pathogenetic factors. A combination of Decoction of Lesser *Xianxiong* and Decoction of Lesser *Chengqi* was given as follows:

Rhizoma Coptidis	3 grams
Fructus Trichosanthis	15 grams
Rhizoma Pinelliae	12 grams
Radix et Rhizoma Rhei	9 grams
Natrii Sulfas (melt into the decoction)	9 grams
Radix Glycyrrhizae	3 grams
Fructus Aurantii	9 grams

Nine doses were taken in succession. Jaundice subsided and there was a loose stool with appetite improving. The patient became more energetic. Epistaxis no longer occurred.

## Case 2 (18 p. 232): Gastric Antritis

Adult male patient, first treatment on October 9, 1975, was addicted to wine and had begun to feel gastric pain and distention two months before. This occurred after drinking wine at first and then after eating food. Sometimes a seizure at night might wake him. Appetite began to wither and the patient dared not to take hot food or drink any wine. His stool was full of feces in sheep's dung form and constipation was reported. Pain was aggravated by pressure on his abdomen. Pulse was floating, moderate and deficient. Decoction of Lesser *Xianxiong* adding Fructus Aurantii Immaturus was given:

Rhizoma Coptidis	6 grams
Rhizoma Pinelliae	9 grams
Fructus Trichosanthis	9 grams
Fructus Aurantii Immaturus	6 grams

On October 27 the patient came to the doctor for a second treatment, reporting that he had taken three doses of the above decoction and now was feeling better and pain had subsided considerably. However, he had an aversion to cold and his pulse was slippery, huge and moderate on the right wrist. Constipation still remained, though it was not as bad as before. The Spleen and Stomach were still weak and pathogenetic factors were rampant. Decoction of Radix Glycyrrhizae *Xiexin* (see Clause 158) with additions was prescribed:

Radix Glycyrrhizae Praeparata  
 Radix Scutellariae  
 Rhizoma Zingiberis  
 Rhizoma Pinelliae  
 Fructus Ziziphi Jujubae  
 Rhizoma Coptidis

adding:

Fructus Evodiae  
 Radix Bupleuri  
 Radix Paeoniae  
 Os Draconis  
 Concha Ostreae

The syndrome completely subsided after taking several doses of the above decoction. On February 1, 1976, the patient wrote a letter saying that he was feeling all right and no recurrence was experienced.

#### Case 3 (12 p. 69): Acute Mastitis

Female patient, 32, had acute mastitis two months after giving birth. She was treated by many doctors but nothing seemed to work. Her right mammary gland was swollen with local redness, hard mass and a severe pain. Pulse was speedy. Decoction of Lesser *Xianxiong* was given:

Fructus Trichosanthis	9 grams
Rhizoma pinelliae	6 grams
Rhizoma Coptidis	3 grams

Three doses were taken. After the second treatment the syndrome was reported as having subsided greatly. Another three doses of the same decoction was given after which the syndrome was gone.

#### Case 4 (12 p. 69): Gastric Pain

Female patient, 54, had had gastric pain for the last month. On examination a protruding mass was seen, with tenderness when touched. The hospital was suspicious of cancer and suggested a barium meal examination. Before the examination the patient had a sudden attack of acute pain, and wished to try Chinese medicine. Pulse was tight and slippery. Tongue coating was yellow and slightly greasy. Intake of food was somewhat normal. Stool was normal but stuffed with greasy substances. Urine was yellow. Restlessness and irritation were reported. Diagnosis: Slippery pulse indicated existence of sputum; yellow and greasy coating on the tongue reflected congelation of sputum and Heat. Protruding mass with tenderness represented the congelation of Heat and sputum. Decoction of Lesser *Xianxiong* was given:

Fructus Trichosanthis (prepared with sugar)	1 pc.
Rhizoma Coptidis	9 grams

Fructus Aurantii Immaturus	9 grams
Radix Curcumae	9 grams
Rhizoma Pinelliae	15 grams

One dose of the above decoction eliminated the syndrome significantly and another dose worked it off completely.

#### Case 5 (26 p. 127): Intestinal Obstruction

Doctor Lu treated some 40 cases of intestinal obstruction and received satisfactory therapeutic effects in most cases. His prescription was Decoction of Lesser *Xianxiong* in combination with Decoction of *Chengqi*:

Fructus Trichosanthis  
Rhizoma Pinelliae  
Rhizoma Coptidis  
Radix Scutellariae  
Pericarpium Citri Reticulatae  
Cortex Magnoliae Officinalis  
Radix et Rhizoma Rhei  
Natrii Sulfas

One case reported was as follows: Male patient, 52, suddenly had an attack of acute abdominal pain. A doctor prescribed drugs of hot quality to warm the Cold. The result was the pain subsided, but the patient began to feel terribly thirsty, and abdominal distention and hard mass with severe tenderness arose. No stool within three days, no urination. The patient was in a coma, with hidden pulse, cold extremities, vomiting, flushed face, parched lips and tongue, with yellowish and dry coating. After taking three doses of the above decoction the syndrome was gone.

#### Case 6 (26 p. 129): Coronary Arteriosclerotic Heart Disease

According to Qiu Mingwen (reported in *Shaanxi Zhongyi*, 6:16, 1981), the following prescription (Decoction of Lesser *Xianxiong* with additions) is efficacious for coronary arteriosclerotic heart diseases caused by congelation of sputum and Heat, or caused by obstruction to the movement of the Yang Vital Energy in the chest:

Rhizoma Coptidis  
Rhizoma Pinelliae  
Fructus Trichosanthis

adding:

Semen Armeniacae Amarum  
Radix Curcumae  
Fructus Aurantii Immaturus  
Poria  
Exocarpium Citri Grandis  
Radix Paeoniae Rubra

Radix Polygalae  
Rhizoma Acori Graminei

Case 7 (22 p. 76): Pleuritis

Female patient, 58, hospitalized on July 7, 1962. A month ago, the patient had fever, aversion to cold, dry cough with little sputum, anorexia, parched mouth and preference for cold drinks. There had also been severe chest pain. In the recent week, dyspnea worsened with a low fever. The patient became emaciated. Doctors of Western medicine made the diagnosis of pleuritis. Diagnosis made by TCM doctors: slippery and speedy pulse, white and greasy tongue coating. It was a case of congelation of sputum and Heat with hampered function of Yang Vital Energy in the chest. Decoction of Lesser *Xianxiong* was given in the following way:

Fructus Trichosanthis	12 grams
Bulbus Allii Macrosterii	9 grams
Rhizoma Pinelliae (prepared with Ginger)	9 grams
Rhizoma Coptidis	3 grams
Fructus Aurantii Praeparata	4.5 grams

After taking five doses of the above decoction, palpitations and dyspnea appeared, but chest pain and fullness was greatly reduced. Another ten doses of the same decoction were given. In the third treatment six more doses were given. Sixteen days of such treatment made it possible for the patient to return home. In the following month, the patient went to visit the doctor regularly for follow-up treatment. The doctor kept trace of the patient and no recurrence was reported within ten years.

Case 8 (22 p. 78): Cholecystitis

Female patient, 34, had been suffering from chronic cholecystitis for many years. Owing to improper intake of food recently, the patient felt distended and painful in the right upper abdomen. A paroxysmal pain was aggravated. Other symptoms included vomiting, anorexia, no fever, constipation, mouth bitterness, tight pulse, yellow and greasy tongue coating. Diagnosis: Congelation of Humidity and Heat at the Middle Portion and the Gall Bladder lost its function of descending. A combination of Decoction of Lesser *Xianxiong* and Decoction of Greater Radix Bupleuri was prescribed:

Rhizoma Coptidis	3 grams
Rhizoma Pinelliae	9 grams
Fructus Trichosanthis	15 grams
Radix Bupleuri	9 grams
Radix Scutellariae	9 grams
Radix Paeoniae Alba	9 grams
Fructus Aurantii Immaturus	9 grams
Rhizoma Cyperi	9 grams
Radix Curcumae	9 grams
Natrii Sulfas (melt into the decoction)	9 grams

After taking three doses of the above decoction, the syndrome subsided greatly. *Xiaoyao San* was given as a supplement:

Radix Bupleuri  
 Radix Angelicae Sinensis  
 Radix Paeoniae Alba  
 Poria  
 Rhizoma Atractylodis Macrocephalae  
 Radix Glycyrrhizae  
 Rhizoma Zingiberis Recens (prepared)  
 Herba Menthae

Case 9 (22 p. 78): Biliary Ascariasis

Male patient, 16, had had acute pain in the epigastric region for the past three days. Pain was intermittent, accompanied by vomiting of saliva and bile, and a piece of roundworm. The patient received the diagnosis of biliary ascariasis and was detained in the hospital. Injections were given but pain was just as acute. TCM treatment was requested. Diagnosis: tight and tense pulse, yellow and greasy tongue coating, constipation. This was an adverse case caused by ascarides. A combination of Decoction of Lesser *Xianxiong* and Fructus Mume Pill\* was given:

Rhizoma Coptidis	3 grams
Rhizoma Pinelliae	9 grams
Fructus Trichosanthis	15 grams
Fructus Mume	30 grams
Fructus Meliae Toosendan	15 grams
Semen Arecae	15 grams
Pericarpium Zanthoxyli	6 grams
Natrii Sulfas (melt into the decoction)	12 grams

After taking two doses of the above decoction, about 200 pieces of roundworm were defecated within three days. The syndrome was also gone.

\*See Clause 338.

## CLAUSE 139

Initial Yang syndrome, two or three days: The patient cannot lie in bed quietly and would like to get up time after time. He must have a Blocked-up Chest with a feeble and weak pulse. This is because a purgative was used with a syndrome of a Cold nature. When the diarrhea stops, Blocked-up Chest comes into existence. If diarrhea does not come to an end and another purgative is given on the fourth day (1), diarrhea with intermingled Heat will occur (2).

## NOTES

1. Wu Qian's remark: It should be "another episode of diarrhea occurs on the fourth day" instead of "another purgative is given on the fourth day." This must be a copying error, because when the patient is having diarrhea, how can another purgative be adopted again?

2. Diarrhea with intermingled Heat, "*Xie re li*": Diarrhea caused by Interior Cold intermingled with Exterior pathogenetic Heat.

Cheng Zhi: When a purgative is adopted in a case with the Exterior syndrome, it will end in a Blocked-up Chest and diarrhea with intermingled Heat. A feeble and weak pulse indicates that the Cold pathogenetic factor congeals in the chest. Therapy should be dispersing the pathogenetic factor with warm-quality drugs. If the doctor prescribes another purgative when he thinks that the Blocked-up Chest requires a purgative, he is committing a mistake.

*Acupuncture Points*: Jueque (RN 14), Yindu (KI 19), Hegu (LI 4), Tianshu (ST 25).

## CLAUSE 140

Initial Yang syndrome: After the adoption of a purgative, if the patient does not have a Blocked-up Chest but does have an irregular speedy pulse, it can be diagnosed that the syndrome is going to heal; when a floating pulse is observed, there must be a Blocked-up Chest. In case the pulse is tense, there will be a sore throat; whereas a tight pulse always indicates an acute intercostal pain due to tightness of the chest. A slender and speedy pulse is a manifestation of headache. Nausea is reflected by a deep-tense pulse. Diarrhea with intermingled Heat makes the pulse deep-slippy. A floating and slippy pulse foretells sterorrhagia (1).

## NOTES

1. After the adoption of a purgative as a mistaken treatment for the Initial Yang syndrome, there may appear different kinds of complications. But it is very difficult to make a diagnosis with a judgment of the pulse as the only source. Diagnosis should be made in accordance with the outcome of the "Four Methods of Diagnosis" (*Si Zhen*).\*

\*The Four Methods of Diagnosis: Inspection, auscultation and olfaction, interrogation (history taking), and pulse feeling and palpation. Inspection: Examination by the eye, including inspection of the complexion, facial, body surface, tongue, excreta, and secretions. Auscultation and olfaction: Auscultation, to listen to the patient's voice, sounds of breath and cough, etc.; smelling the odor of the patient, his or her compartment and bodily discharge as a reference for diagnosis. Interrogation, or history taking, is summarized by Zhang Jiebin (1553-1640) as Ten Questions for a physician to ask of his patient while making diagnosis: 1) chills and fevers; 2) perspiration; 3) headache and general pains;

4) urination and defecation; 5) appetite; 6) feeling in the chest and abdomen; 7) hearing; 8) thirst; 9) pulse taking and observation; 10) auscultation and smelling. Chen Xiuyuan (1753-1823) made some alterations and additions. According to Chen, the ninth and tenth questions concern the patient's past disease and the cause of the present illness respectively. And in addition, inquiry should be made into the efficacy of medicine taken, about menstruation for women patients and history of smallpox and measles for children. Pulse: See Appendix II.

## CLAUSE 141

While the syndrome is at the Initial Yang Channel, diaphoresis should be adopted as the correct therapy. But the patient was showered with cold water. Consequently, the pathogenetic Heat cannot come out from the sweat glands as cold water hampers the activity. The patient feels more restless and has goose-flesh on his skin. He would like to have a drink of water, but he does not feel thirsty (cannot swallow the water). *Wenge* Powder (1) can be given as a curative. If not efficacious, *Wuling* Powder can be used. When a Blocked-up Chest is of a Cold nature without symptoms of Heat, Decoction of Lesser *Xianxiong* with the three drugs can be adopted (2). *Baisan* Powder will also be a remedy.

## NOTES

1. *Wenge* Powder (*Wenge San*): Different explanations are found for the name of the drug "*Wenge*": a) Concha Meretricis seu Cyclinae; b) Chinese Gall (*Galla Chinensis*); and c) Meretrix meretrix L.

2. "Decoction of Lesser *Xianxiong* with the three drugs can be adopted": As Decoction of Lesser *Xianxiong* is a curative for a Blocked-up Chest with congelation of Heat and sputum, it is not applicable to the case of a Blocked-up Chest with congelation of excessive Cold. This sentence must be a copying error and therefore should be deleted.

Wu Qian's remark: *Baisan* Powder (White Powder) is a warm agent which can disperse the Cold pathogenetic factor. Drugs in Decoction of Lesser *Xianxiong* are all cold-quality herbs. How can they be used to deal with syndrome of a Cold nature? So "Decoction of Lesser *Xianxiong* with the three drugs can be adopted" must be a copying error and should be deleted.

*Wenge* Powder  
(*Wenge San*):

*Wenge*

5 *liang*

Pound the drug into powder and put one *fangcunbi* (2 grams) powder in a cup of boiling water and take a five *ge* decoction each time.

*Remark*: "*Wenge*" has the function of quenching thirst, eliminating Heat and facilitating urination. It is not efficacious for the syndrome under this clause. Textual



study shows that this *Wenge* Powder was wrongly put under this clause.\* It should be exchanged with Decoction of *Wenge* under Chapter 17 of *Synopsis of Prescriptions of the Golden Chamber*. The prescription is as follows:

#### Decoction of *Wenge*

(*Wenge Tang*):

<i>Wenge</i>	5 <i>liang</i>
Herba Ephedrae	3 <i>liang</i>
Radix Glycyrrhizae	3 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Gypsum Fibrosum	5 <i>liang</i>
Semen Armeniacae Amarum	50 pcs.
Fructus Ziziphi Jujubae	11 pcs.

(There is a note after the prescription: The syndrome is gone after perspiration is obtained.)

This decoction is formed by Decoction of Greater *Qinglong* subtracting Ramulus Cinnamomi adding *Wenge*. It can dispel the Exterior syndrome and eliminate Heat.

\*Wu Qian's idea differs. He said: "... as the pathogenetic Heat has not deeply invaded the Interior, so the patient would like to drink water but without feeling thirsty. So *Wenge* (here it is *Galla Chinensis*) Powder is used to dredge the pathogenetic Heat from the skin and muscle."

#### *Baisan* Powder\*

(*Baisan*):

Radix Platycodi	3 <i>fen</i> **
Semen Crotonis (take out skin and core, stew to turn black, pound into oiled powder)	1 <i>fen</i>
Bulbus Fritillariae Thunbergii	3 <i>fen</i>

Pound the above drugs and put it into rice soup, 0.5 *qianbi* (1 gram) a dose for a strong person. For a weak person, it should be less. If the syndrome is above the diaphragm, it will cause vomiting, or if the syndrome is under the diaphragm, there will be diarrhea. If there is no diarrhea, take a cup of hot porridge. If there is too much diarrhea, then take a cup of cool porridge.\*\*\* The patient is feverish with goose-flesh on his skin and would like to cover himself with clothing. When the patient is showered with water, the pathogenetic Heat cannot come out. Restlessness is caused when the patient cannot perspire. After he has perspired, if there is an abdominal pain, add Radix Paeoniae three *liang*.

\* *Baisan* Powder: The prescription is so named as the three drugs are all white.

\*\* 1 *fen* = 1/4 *liang*.

\*\*\* Wu Qian's remark: Semen Crotonis is a hot-quality drug. It will function and move when it is aided by Heat. So hot porridge is used to aid its function. Cool porridge is used to lessen its function. Porridge is served to protect the Stomach Vital Energy.

*Explanation of the Prescription:* *Baisan Powder* is a curative for Blocked-up Chest caused by excessive Cold. When the Lung is hurt by pathogenetic Cold and Water, bitter-taste *Radix Platycodi* is used to dredge the Vital Energy of the Lung. *Bulbus Fritillariae Thunbergii* is used to eliminate the stagnant cold sputum, pungent and hot *Semen Crotonis* is used to dissolve the stagnancy.

*Acupuncture Points:* Quchi (LI 11), Neiting (ST 44), Gongsun (SP 4), Neiguan (PC 6).

TABLE 31. COMPARISON OF *WULING* POWDER AND *WENG*E POWDER

	<i>Wuling Powder</i> (Clause 71)	<i>Wenge Powder</i> (Clause 141)
Symptoms	1. Perspiration, fever 2. Thirst of water but vomit out water just drunk 3. Dysuria	1. Fever, no perspiration, restlessness, goose-flesh 2. Thirst of water, but cannot take in 3. Normal urination
Pathology	Pathogenetic factors invading the Urinary Bladder makes it unable to circulate Water	Pathogenetic Cold at the Exterior; pathogenetic Heat condensed at the Interior
Treatment	Promote circulation of Vital Energy, facilitate Water circulation; disperse Exterior syndrome simultaneously	Disperse Exterior syndrome, eliminate Heat, facilitate Water circulation, ease restlessness

## CASES

### Case 1 (22 p. 123):

Zheng, 70, had been suffering from chronic tracheitis and repeated coughing with sputum. One day in spring after excessive drinking and eating of meat he went to bed and slept through the next day losing consciousness. When someone talked to him, he opened his eyes, but could not utter a word. He did not have a fever or dyspnea. On the third day the doctor was sent for. Diagnosis: Pulse was slippery, huge and mighty; there was profuse salivation. Thick and greasy coating covered the tongue. No response to verbal stimulation and staring vision. No stool within a few days, but incontinence of urine. This was a case of Blocked-up Chest caused by congelation of excessive Cold. *Baisan Powder* was given, 1.5 grams as a dose, washed down with water. Two doses were given when the patient began to vomit greasy sputum and sighed with relief. After the third dose there was a borborygmus and a stool. The patient then began to feel pain in the chest, a fever and thirst and asked for a drink. In the second treatment two doses of Decoction of Lesser *Xianxiong* were given, then the syndrome was gone.

### Case 2 (22 p. 124):

Male patient, 32, had been coughing for three months. Three months before the patient had a cold and coughed a lot. As the case was not very serious, the patient did not go to the hospital for a treatment. The coughing never ceased, and was also accom-

panied by a vague pain in the chest and a low fever. After about a month the phlegm turned from thin and white into yellow and smelly. The patient was diagnosed with tuberculosis pulmonalis and was instructed to stay in bed for a good rest and treatment. The patient finally had treatment prescribed by a TCM doctor. The following decoction was given to eliminate the pathological conditions in the Lung:

Radix Adenophorae  
 Radix Glehniae  
 Radix Rehmanniae  
 Radix Ophiopogonis  
 Herba Dendrobii  
 Semen Armeniacae Amarum  
 Poria  
 Rhizoma Dioscoreae  
 Semen Persicae  
 Semen Coicis  
 Semen Benincasae

After taking eight doses of the above decoction, coughing subsided significantly and the patient felt much better. However, the vague pain in his chest and smelly sputum still remained. Temperature was 37.8 °C. It was a case of pulmonary abscess. *Baisan* Powder was considered a curative, but the doctor was afraid that *Baisan* Powder was too strong for the patient. The doctor finally decided to use the prescription in small dosages as follows:

Fructus Crotonis	0.15 gram
Radix Platycodi	0.9 gram
Bulbus Fritillariae Thunbergii	0.9 gram

The above drugs were pounded into powder and washed down with hot water. The doctor also instructed the patient to have some cool porridge if there was excessive diarrhea.

The next day when the patient visited the doctor, he reported that after having the powder there was no loose stool and the syndrome did not seem to improve, but there was also no other unpleasant side-effect. Therefore the dosage of the drugs was increased as follows:

Fructus Crotonis	0.24 gram
Radix Platycodi	1.2 grams
Bulbus Fritillariae Thunbergii	1.2 grams

After taking this medicine, the patient had eight to nine loose bowel motions and then it stopped. All the symptoms began to subside.

## CLAUSE 142

Overlapping of syndromes of Initial Yang and Lesser Yang:

Acupuncture therapy can be adopted if the following symptoms and signs are observed: Headache and stiffness at the neck and head, dizziness, fullness and a hard "mass" in epigastrium, sometimes similar to Blocked-up Chest syndrome. Puncture Dazhui (DU 14), Feishu (BL 13) and Ganshu (BL 18). Diaphoresis is prohibited. The patient will be delirious with a tight pulse if diaphoresis is adopted. If delirium lasts to the fifth day, puncture at Qimen (LR 14).

### CLAUSE 143

Febrile disease caused by Wind for women: The patient has fever and chills during menstruation. After seven or eight days, when the fever subsides, her skin cools down and the pulse turns slow. Fullness below the costal margin like the Blocked-up Chest syndrome and delirium are symptoms of an Invasion of Heat into the Blood Cavity (1). Puncture on Qimen (LR 14) to let out the pathogenetic Heat (2).

### NOTES

1. Blood Cavity may refer to different organs according to different explanations. It may be referring to either of the following organs:

- a) Liver, as the Liver stores Blood;
- b) *Chongmai*, the Conception Channel, as it is the sea of Blood;
- c) Womb, as menstruation comes from there.

2. Wu Qian: Qimen (LR 14) is an acupoint of the Liver. As the Liver is an organ which stores blood, therefore acupuncture is practiced on Qimen (LR 14) to let out the pathogenetic Heat when an invasion of Heat into the Blood Cavity occurs.

### CASES

Case 1 (11 p. 740):

A woman was suffering from a syndrome of Invasion of Heat into the Blood Cavity, and was wrongly treated by a doctor with drugs to tonify the Blood and regulate the Vital Energy. After a few days of such mistreatment, the case turned into Blocked-up Chest caused by Blood congelation. Someone suggested that Decoction of Lesser Radix Bupleuri be used, but Doctor Xu Shuwei said it was too late to use the decoction. The only treatment was to puncture acupoint Qimen (LR 14) which worked.

Case 2 (30 p. 303):

A puerperant had retention of lochia and pain in the area around the umbilicus, headache, chills and fever. Doctors diagnosed the syndrome as febrile disease caused by Cold and treated the patient with drugs of warm quality, such as Rhizoma Zingiberis and Radix Aconiti. After such treatment, the patient had a high fever with contracture of extremities, delirium and staring vision. Pulse was tight, grand and speedy. Flushed face and closed eyes, parched tongue covered with black coating were other symptoms. Tenderness was experienced in chest and abdomen. This was a case

caused by drugs of dry quality that had intermingled with the Blood, and Interior pathogenetic Heat generated pathogenetic Wind. Congelation of Blood caused the pain. This was an Invasion of Heat into the Blood Cavity after childbirth. Two doses of decoction for eliminating the Heat and bringing down the excessive Fire were adopted. Then Succinum and Calculus Bovis and the like were given to bring the patient back to consciousness. Finally drugs to remove the blood stasis were given to eliminate the stasis. Incessant dripping of lochia was reported. The patient resumed her health on the tenth day after childbirth.

#### CLAUSE 144

Febrile disease caused by Wind for women: The patient has tidal fevers and chills during the seventh or the eighth day when menstruation is just coming to an end. That is a case of an Invasion of Heat into the Blood Cavity. Congelation of the Blood causes tidal chills and fevers like malaria. Decoction of Lesser Radix Bupleuri should be adopted to cure the disease (1).

#### NOTES

1. Wu Qian: When Heat intermingles with Blood, there will be a congelation of Heat with Blood. Although there is a congelation, yet no symptoms of Blocked-up Chest, fullness, or delirium are observed. It indicates that the congelation is not a severe case. Still there are fevers and chills coming and going like malaria. All these are symptoms and signs of the Lesser Yang syndrome with the pathogenetic factor resting at the halfInterior and halfExterior. So Decoction of Lesser Radix Bupleuri is used to harmonize both the Interior and Exterior. Consequently the Heat will be eliminated.

*Acupuncture Points:* Dazhui (DU 14), Geshu (BL 17), Jianshi (PC 5), Taichong (LR 3).

#### CLAUSE 145

Febrile disease caused by Cold for women: At the onset of menstruation, the patient is feverish, delirious, and insane at night, but returns to consciousness in the day (1). These are the symptoms of an Invasion of Heat into the Blood Cavity. Be careful not to disturb the Stomach Vital Energy and the Upper and Middle Portions of the Body Cavity (2), and selfhealing will occur (3).

#### NOTES

1. "Insane at night, but returns to consciousness in the day": This proves that it is a case of Invasion of Heat into Blood Cavity. It is a case caused by disease in the Blood, but not from the Vital Energy. As the Vital Energy is of a Yang nature, thus the patient returns to consciousness in the day (the day is Yang, night is Yin); Blood is

of a Yin nature, so when night comes, she will suffer from delirium and insanity.

2. The adoption of a purgative will hurt the Upper Portion of the Body Cavity, and an emetic or purgative will hurt the Spleen and Stomach at the Middle Portion of the Body Cavity. Some commentators suggest a therapy of acupuncture on Qimen (Liv 14), and the adoption of Decoction of Lesser Radix Bupleuri with additions and subtractions.

3. Fang Youzhi: "Selfhealing": When menstruation functions, pathogenetic Heat will follow and drain off. This is like the "selfhealing" after epistaxis occurs (see Clauses 46 and 47). Zhang Zhongjing's intention here was to warn people not to use acute remedies for the dispersion of pathogenetic factors for such a case, so as to avoid complications that may occur.

*Acupuncture Points:* Jiaoxin (KI 8), Ximen (PC 4).

## CLAUSE 146

Febrile disease caused by Cold, six to seven days: Decoction of Radix Bupleuri and Ramulus Cinnamomi suits the syndrome with the following symptoms and signs before the Exterior syndrome is gone: Fever with light chill, severe pain in the extremities and joints, slight nausea, and fullness and distention of the epigastrium (1).

## NOTES

1. Cheng Zhi: This is a case in which the pathogenetic factor has invaded the Lesser Yang Channel when the Initial Yang syndrome is not gone. Fever, chill, and severe pain in the extremities and joints are the symptoms and signs of the Initial Yang syndrome. The symptoms and signs of light chill without headache, and stiffness in the neck show that the Initial Yang syndrome is not very severe. Nausea and fullness are symptoms of the Lesser Yang syndrome. But it is a slight nausea with fullness and distention only at the epigastrium. It indicates that the Lesser Yang syndrome is also not a severe case. In such a case, Decoction of Lesser Radix Bupleuri is used to harmonize the Lesser Yang syndrome; Decoction of Ramulus Cinnamomi is used to disperse the Initial Yang syndrome. Decoction of Radix Bupleuri and Ramulus Cinnamomi is the only correct therapy in this case.

Decoction of Radix Bupleuri and Ramulus Cinnamomi  
(*Chaihu Guizhi Tang*):

Ramulus Cinnamomi	1.5 <i>liang</i>
Radix Scutellariae	1.5 <i>liang</i>
Radix Ginseng	1.5 <i>liang</i>
Radix Glycyrrhizae Praeparata	1 <i>liang</i>
Rhizoma Pinelliae	2.5 <i>ge</i>
Radix Paeoniae	1.5 <i>liang</i>
Fructus Ziziphi Jujubae	6 pcs.

Rhizoma Zingiberis Recens  
Radix Bupleuri

1.5 *liang*  
4 *liang*

Stew the above herbs in seven *sheng* of water till three *sheng* are left. Filter the decoction and take one *sheng* as a dose.

*Explanation of the Prescription:* This decoction, formed by one half each of Decoction of Lesser Radix Bupleuri and Decoction of Ramulus Cinnamomi, is a dose for harmonizing the symptom complex of the Initial Yang and Lesser Yang. Decoction of Ramulus Cinnamomi dispels the Exterior syndrome, whereas Decoction of Lesser Radix Bupleuri deals with the pathological condition resting at the halfExterior and halfInterior.

*Acupuncture Points:* Wangu (SI 4), Jinmen (BL 63), Zulingqi (GB 41), Waiguan (SJ 5).

## CASES

Case 1 (18 p. 302):

Mr. Lin, 28, after fording a river two days previously, felt a headache right after he went home. Other symptoms included fever and chills, severe lumbago, abdominal distention, mouth bitterness, anorexia, abdominal pain but with normal stool and urination. Pulse was floating and tight. Tongue coating was white. This was a case caused by the invasion of pathogenetic Cold and Wind that were in the process of transmitting into the Interior. Decoction of Radix Bupleuri and Ramulus Cinnamomi in light dosages was given. After taking the decoction there was a profuse perspiration, which greatly reduced the syndrome. A second dose of the above decoction brought about a full recovery.

Case 2 (18 p. 303):

Mr. Zhang, 27, had been feverish for 12 days. The fever occurred every afternoon. After repeated examinations the reason was still unknown. The patient had headaches but no perspiration; nausea, anorexia and scanty urination, parched and bitter mouth and reluctance to drink water and stuffy nose were also symptoms. Tongue coating was thin and yellow. Pulse was slightly floating and turned tight when pressed deeply. This was an overlapping of syndromes of the Initial and Lesser Yang. Decoction of Radix Bupleuri and Ramulus Cinnamomi was the cure:

Radix Bupleuri  
Radix Scutellariae  
Rhizoma Pinelliae Praeparata  
Rhizoma Zingiberis Recens  
Fructus Ziziphi Jujubae  
Radix Glycyrrhizae Praeparata  
Ramulus Cinnamomi  
Radix Paeoniae Alba Praeparata  
Radix Angelicae Dahuricae

Fructus Viticis  
Flos Chrysanthemi  
Herba Artemisiae Chinghao

After taking two doses, there was a light perspiration and fever gradually dropped. All the other symptoms also subsided greatly. The same decoction with alterations was given in the following week, which dispersed all the symptoms.

Case 3 (18 p. 303):

Male patient, 33, had distention and pain in the abdomen and ribs. The morning before the patient went to see the doctor, he had severe pain with bitter mouth, nausea, slight fever, anorexia, but with normal stool and urination. Pulse on the left was moving and speedy and that on the right was feeble. This was a case caused by the stagnation of the Interior Vital Energy and the excessive movement of the Liver Vital Energy. Decoction of Radix Bupleuri and Ramulus Cinnamomi in light dosages was given. After taking one dose the syndrome subsided greatly. Another two doses of the same decoction were given to achieve a final cure.

Case 4 (12 p. 150):

Male patient, 15, first treatment in January 1976. He had had a high fever for more than three months. The patient was brought to Beijing and went through repeated examinations in several big hospitals, but the result was "fever of unknown origin." Herbal decoctions he had taken were composed of antipyretic and detoxicants such as Gypsum Fibrosum, Radix Scutellariae, Rhizoma Coptidis, Flos Lonicerae, Fructus Forsythiae, Folium Mori, Flos Chrysanthemi, Radix Rehmanniae and Radix Scrophulariae. But such decoctions never worked.

When the patient was brought to Doctor Wei, he felt a general fatigue and uneasiness, with fever, chills and pain in the body. The case was regarded as a common cold, but fever began to rise to 39 °C and above. It was higher in the afternoon and followed by chills. Sometimes there was a spontaneous perspiration, but this did not reduce the fever. Although there was a high fever, the patient did not want to drink. He felt distended in both ribs and vexatious. Anorexia was also reported. In 1974 when the patient had a fever which was similar to the present one, antibiotics and prednisone were given.

According to TCM, this was a case of febrile disease caused by Cold that had evolved into the phase with remaining Exterior syndrome, and the pathogenetic factors had invaded the half-Exterior and half-Interior. It could be treated with Decoction of Lesser Radix Bupleuri if there wasn't a slight chill, which served as an indication of the remaining Exterior syndrome. Therefore Decoction of Radix Bupleuri and Ramulus Cinnamomi was adopted as follows:

Radix Bupleuri	9 grams
Rhizoma Pinelliae	9 grams
Radix Codonopsis Pilosulae	30 grams
Rhizoma Zingiberis Recens	2 grams
Fructus Ziziphi Jujubae	5 pcs.



Ramulus Cinnamomi	6 grams
Radix Paeoniae Alba	9 grams

After taking six doses of the above decoction there was a light perspiration, and the high fever dropped significantly. Afternoon fever dropped to 37.1 °C. The patient had a better appetite and the fever that has lasted three months finally subsided.

#### Case 5 (22 p. 14): Postpartum Fever

Female patient, 21, had given birth to a male baby on May 3. On May 6, she suddenly had a shivering attack in the morning, followed by headache and vertigo, and a high fever of 40.4 °C. After giving penicillin and streptomycin the fever dropped a little. However, in the afternoon, the patient again shivered and had contractions of both legs, with headache and vertigo and parched and purple lips. Temperature went up to 41.2 °C. Then there was a profuse perspiration, which brought the fever down a bit and then shivering occurred again. Blood pressure was 98/60 mm.Hg. Malarial parasite was not found in the blood. A consultation was held with TCM doctors. The patient reported to the doctor that she had a sudden attack of shivering in the morning, followed by high fever and cold sweat, vertigo and pain on both ends of forehead, distention in the eyes, general fatigue and soreness, parched and bitter mouth, anorexia, no stool and normal urination. Pulse was floating and speedy. Tongue was pink red and coating was white and greasy. This was a pathological condition caused by the invasion of pathogenetic Cold and Wind after childbirth a combination of Initial and Lesser Yang. Decoction of Radix Bupleuri and Ramulus Cinnamomi was given to harmonize the *Ying* and *Wei* and the pathological condition resting at the Lesser Yang Channel:

Ramulus Cinnamomi	6 grams
Radix Paeoniae Alba	6 grams
Radix Glycyrrhizae	6 grams
Rhizoma Zingiberis Recens	6 grams
Fructus Ziziphi Jujubae	4 pcs.
Radix Bupleuri	6 grams
Radix Glehniae	6 grams
Rhizoma Pinelliae	3 grams
Radix Scutellariae	6 grams
Radix Puerariae	9 grams

After taking the decoction the syndrome subsided greatly and temperature dropped to 36 °C. But there was excessive profuse perspiration, parched and bitter mouth, anorexia and nausea. Pulse was tight, speedy and slippery. Tongue was red, covered with greasy and slight yellow coating. These were the indications that the Exterior syndrome had been dispersed but the Interior syndrome still remained. The original decoction was given with the following additions and subtractions:

Subtract Radix Puerariae

adding:

Radix Salviae Miltiorrhizae	9 grams
Radix Trichosanthis	9 grams
Rhizoma Anemarrhenae	6 grams
Radix Ophiopogonis	9 grams

On the third visit by the doctor, the patient was recovered and was able to leave the hospital.

Case 6 (22 p. 15):

Adult male patient had been suffering from a pain in the left chest and back, with referred pain stretching to costal regions lasting for three months. Treatments failed again and again. This was a case caused by the abnormal condition of the Initial and Lesser Yang Channels. Decoction of Radix Bupleuri and Ramulus Cinnamomi with additions was given as follows:

Ramulus Cinnamomi	9 grams
Radix Paeoniae Alba	9 grams
Radix Bupleuri	9 grams
Radix Scutellariae	9 grams
Rhizoma Pinelliae	9 grams
Radix Codonopsis Pilosulae	9 grams
Semen Sinapis Alba	9 grams
Pericarpium Citri Reticulatae Viride	9 grams
Radix Glycyrrhizae	6 grams
Rhizoma Zingiberis Recens	9 grams
Fructus Ziziphi Jujubae	4 pcs.

Three doses of the above decoction worked off the ailment.

## CLAUSE 147

Febrile disease caused by Cold, five to six days: After the adoption of a diaphoretic and then a purgative, the following symptoms and signs may indicate that the Exterior syndrome is not gone: Fullness and a light block-up in the costal region, dysuria, thirst for water without nausea, sweat only on the head, intermittent fevers and chills, and restlessness. Decoction of Radix Bupleuri, Ramulus Cinnamomi and Rhizoma Zingiberis will serve as a curative (1).

## NOTES

1. Lin Lan: Fullness and a light block-up in the costal region, and restlessness with intermittent fevers and chills indicate that the pathological condition rests at the half Exterior and half Interior. Dysuria and thirst for water indicate the exhaustion of the Body Fluid (Dryness at the Interior) which is the outcome of the adoption of a purga-

tive and diaphoretic. The patient has no vomit. This is an indication of the non-existence of Heat-Water and Fluid stagnancy in the chest. Sweat of the head indicates the lack of Body Fluid. Decoction of Radix Bupleuri, Ramulus Cinnamomi and Rhizoma Zingiberis is given to harmonize both Interior and Exterior and restore the Body Fluid.

Decoction of Radix Bupleuri, Ramulus Cinnamomi and Rhizoma Zingiberis  
(*Chaihu Guizhi Ganjiang Tang*):

Radix Bupleuri	0.5 <i>jin</i>
Ramulus Cinnamomi	3 <i>liang</i>
Rhizoma Zingiberis	2 <i>liang</i>
Radix Trichosanthis	4 <i>liang</i>
Radix Scutellariae	3 <i>liang</i>
Concha Ostreae	2 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>

Stew the above drugs in one *dou* and two *sheng* of water till six *sheng* are left. Filter the decoction and stew it till three *sheng* are left. Take three doses each day of one *sheng* each dose. After taking the first decoction, there will be a slight restlessness. Then take another dose and there will be a perspiration. The syndrome is thus gone.

*Explanation of the Prescription:* This prescription is a variation of Decoction of Lesser Radix Bupleuri. Radix Bupleuri and Radix Scutellariae harmonize the Lesser Yang Channel and eliminate pathogenetic Heat. Radix Trichosanthis quenches the thirst by producing Body Fluid. When it is used together with Concha Ostreae, they have the efficacy of stimulating and dredging the stagnant Water and Fluid. Rhizoma Zingiberis, Ramulus Cinnamomi and Radix Glycyrrhizae Praeparata warm and stimulate the Yang Vital Energy of Stomach to drain the stagnant Water and Fluid. Radix Ginseng is not used as the syndrome is not of a deficient type. Rhizoma Pinelliae is not needed either, as there is no nausea. After taking the first dose, the patient may feel a bit restless. Don't hesitate to let him take the second dose, which will bring forth perspiration and then recovery.

*Acupuncture Points:* Fengchi (GB 20), Shenshu (BL 23), Qiuxu (GB 40), Ligou (LR 5).

## CASES

Case 1 (12 p. 153): Hepatitis

Mr. Liu, 54, was suffering from hepatitis accompanied by abdominal distention and diarrhea, anorexia, pain in both ribs and back. All the previous treatments did not seem to work. When the patient came to a TCM doctor he was re-examined: Pulse was tight and moderate, tongue was pale with white coating. This was a case of Liver disease that had affected the Spleen, which became weak in its Yang Vital Energy. Decoction of Radix Bupleuri, Ramulus Cinnamomi and Rhizoma Zingiberis was prescribed:

Radix Bupleuri	12 grams
Radix Scutellariae	4.5 grams
Radix Glycyrrhizae Praeparata	9 grams
Rhizoma Zingiberis	9 grams
Ramulus Cinnamomi	9 grams
Radix Trichosanthis	12 grams
Concha Ostreae	12 grams

After taking four doses of the above decoction, abdominal distention and diarrhea all disappeared. The patient had a better appetite and he felt much better. Then decoctions with drugs to harmonize the Liver and Stomach and drain the Humidity were adopted. Transaminase was normal again.

Case 2 (22 p. 148):

Mr. Wang, first treatment on August 19, 1955. Symptoms and signs: intermittent chills and fevers, bitterness and parched mouth, restlessness, fullness and uneasiness in chest and costal region. When the upper abdomen was pressed there was a splashing sound. Dysuria was also reported. Tongue was pink with white and slippery coating. Pulse was tight and slender. This was a case of Lesser Yang Channel accompanied by Fluid retention. Decoction of Radix Bupleuri, Ramulus Cinnamomi and Rhizoma Zingiberis was the treatment:

Radix Bupleuri	9 grams
Radix Scutellariae	9 grams
Ramulus Cinnamomi	6 grams
Rhizoma Zingiberis	4.5 grams
Poria	9 grams
Pericarpium Citri Reticulatae	6 grams
Rhizoma Alismatis	6 grams
Radix Glycyrrhizae	3 grams

When the doctor saw the patient for the second time, the patient reported that chills and fevers had subsided and all the other symptoms were disappearing. Urination returned to normal, but the patient was still in low spirit and reluctant to eat. Drugs to regulate the Spleen and Stomach were adopted to improve the condition.

Case 3 (22 p. 148):

Female patient in her fifties had been suffering from an Exterior syndrome and then fevers like malaria attacked time and again. Other symptoms included night sweats, a feeling of jumping in chest and abdomen, vertigo, tinnitus, stiffness of back and shoulders and a heaviness feeling in the head. After one year's treatment, the syndrome remained unchanged. Decoction of Radix Bupleuri, Ramulus Cinnamomi and Rhizoma Zingiberis adding Radix Astragali and Carapax Trionycis was adopted. After several dozen days of such treatment, fever was reduced and night sweats stopped. Radix Astragali and Carapax Trionycis were subtracted, and Fructus Evodiae and Poria were added to the decoction.

## Case 4 (22 p. 148): Malaria

A patient went to the doctor for treatment. The doctor thought that the patient was suffering from an Exterior syndrome and treated the patient accordingly. The patient felt better and considered a full recovery had occurred. When the patient bathed, there was a recurrence. He was feeling thirsty and restless, and a moving sensation in chest and abdomen. The syndrome was gone the next day, but it reoccurred every six or seven days. Doctors were sent for and no treatment had so far been successful. When the patient went to a veteran doctor, he diagnosed the patient and said that it was malaria. Decoction of *Radix Bupleuri*, *Ramulus Cinnamomi* and *Rhizoma Zingiberis* was given. After several doses of the above decoction malaria subsided completely.

## Case 5 (22 p. 149): Stammering

A gentleman had been suffering from stammering for a long time and consulted the doctor for treatment. The doctor asked him whether he was stammering in the same way every day. The patient said that when he was feeling uneasy in the chest stammering became worse. The doctor examined the patient and found he was feeling a general malaise below the chest and there was a moving sensation in chest and abdomen. Decoction of *Radix Bupleuri*, *Ramulus Cinnamomi* and *Rhizoma Zingiberis* was prescribed. After a long while, the gentleman wrote a letter saying that he had no more stammering.

## Case 6 (22 p. 149):

An old monk was suffering from severe stiffness and pain in his back and shoulders. Massage was practiced daily. Sometimes a thin iron bar was used to tap the back for relief. This lasted for more than two years. Herbal medicine and acupuncture were tried, but to no avail. When the patient went to a veteran doctor, he examined the patient and decided to use Decoction of *Radix Bupleuri*, *Ramulus Cinnamomi* and *Rhizoma Zingiberis*. After taking the medicine for a week, the syndrome was reduced greatly. More decoctions were given to achieve a full recovery.

**CLAUSE 148**

Febrile disease caused by Cold, five to six days: Sweat on the head, slight chills, coldness in the extremities (1), fullness in the chest, anorexia, constipation, and a slender pulse are the symptoms and signs of a slight Block in Yang (2) which bears both Exterior and Interior syndromes. A deep pulse signifies an Interior syndrome. Perspiration indicates a light Exterior syndrome. If it is a pure Block in Yin (3), there should be no Exterior but only an Interior syndrome. Thus it is a syndrome of half-Exterior and half-Interior. Although the pulse is deep and tense (4), it should not be diagnosed as a Lesser Yin syndrome, as the Yin syndrome should not have the symptom of perspiration. Therefore, it is not a Lesser Yin syndrome, as there is sweat on the head. Decoction of Lesser *Radix Bupleuri* can be adopted as a curative. If the

syndrome is not gone after taking the decoction, defecation will let out the syndrome (5).

#### NOTES

1. Zhou Yangjun: Coldness in the extremities and a slight chill are caused by a Block in Yang. When Yang is blocked, it cannot circulate along the four extremities. That is why there is the coldness in the extremities and sweat (a sign of the Yang Vital Energy) only on the head.

2. Slight Block in Yang: Here it means slight constipation. Block in Yang (*Yang Jie*) always has constipation caused by a pathogenetic Excess in the Stomach and Intestine as its main symptom.

3. Block in Yin (*Yin Jie*): Constipation caused by a Deficiency and Cold of the Spleen and Stomach. The symptoms and signs are: Difficulty in defecation, no abdominal distention, coldness in the extremities, clear and ample urine, a pale tongue with thin and white coating (signs of Cold and Deficiency), and pulse deep and slow.

4. Wu Qian's remark: "Pulse deep and tense" should read "pulse deep and slender." As "tense pulse" is not mentioned in the previous text, how can it be "although the pulse is deep and tense?" It must be a copying mistake.

5. After taking Decoction of Lesser Radix Bupleuri, if the syndrome is still not gone, it shows that the Interior pathogenetic Heat still prevails. Thus therapy to bring about defecation should be adopted.

Shen Mingzong: Decoction of Greater Radix Bupleuri should be practiced to loosen the bowels.

Cheng Yingmao: Pulse deep and slender is a pulse of Yin nature. When such a pulse appears with a syndrome of Yang nature, it is a pulse reflecting pathogenetic Heat being blocked at the Interior. It cannot be taken as a pulse of the Lesser Yin syndrome. From this we can see that when the Yang Vital Energy is blocked, not only the syndrome resembles the Yin syndrome, but also the pulse resembles a pulse of Yin nature. Caution has to be taken in diagnosis.

Wu Renju: Mistreatment will result in an adverse case when the case was taken as a syndrome of Yin and Cold nature, with the adoption of warm and hot drugs. There do exist symptoms and signs of coldness in the extremities, pulse slender and deep, and a chill, but analysis should be made as to its pathology and etiology.

*Acupuncture Points:* Fengchi (GB 20), Shenshu (BL 23), Qiuxu (GB 40), Ligou (LR 5).

#### CLAUSE 149

Febrile disease caused by Cold, five or six days: Nausea, vomit and fever will be an adequate proof of Decoction of Radix Bupleuri syndrome. When a dose of purgative is adopted, if Decoction of Radix Bupleuri syndrome still exists, it is not an adverse case. The curative will still be a dose of Decoction of Radix Bupleuri. After taking the decoction, the patient will recover after he has had a fever, shivering,

and perspiration. In case the patient has fullness, hardness, and pain at the epigastrium, it is a Blocked-up Chest. Decoction of Greater *Xianxiong* will be the remedy. If there is only fullness but no pain, it is Vital-energy Stagnancy (*Pi*). Decoction of Radix Bupleuri will not suit the case. Decoction of Rhizoma Pinelliae *Xiexin* will serve as a curative (1).

# NOTES

1. It is not so difficult to differentiate Decoction of Radix Bupleuri syndrome from Blocked-up Chest syndrome. But ambiguity may arise between Decoction of Radix Bupleuri syndrome and Vital-energy Stagnancy (*Pi*) syndrome. The following table may help you in the differentiation:

TABLE 32. COMPARISON OF DECOCTION OF RADIX BUPLEURI SYNDROME AND VITAL-ENERGY STAGNANCY SYNDROME

Decoction of Radix Bupleuri syndrome	Vital-energy Stagnancy ( <i>Pi</i> ) syndrome
Fullness in chest and ribs	Fullness in the epigastrium
Intermittent chills and fevers	No intermittent chills and fevers

Decoction of Rhizoma Pinelliae *Xiexin*\*  
(*Banxia Xiexin Tang*):

Rhizoma Pinelliae	0.5 <i>sheng</i>
Radix Scutellariae	3 <i>liang</i>
Rhizoma Zingiberis	3 <i>liang</i>
Radix Ginseng	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	3 <i>liang</i>
Rhizoma Coptidis	1 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.

\**Xiexin*: In Chinese, it means "eliminating (pathogenetic factors) at Heart."

Stew the above drugs in one *dou* of water till six *sheng* are left. Filter the decoction and stew it again till three *sheng* remain. Take three doses a day of one *sheng* each dose.

*Explanation of the Prescription:* This decoction is made up of Decoction of Lesser Radix Bupleuri, subtracting Radix Bupleuri and Rhizoma Zingiberis Recens, adding Rhizoma Coptidis and Rhizoma Zingiberis. Radix Bupleuri is not used in the decoction as there are no intermittent chills and fevers. Rhizoma Pinelliae and Rhizoma Zingiberis, pungent and warm, are used to disperse the obstruction of Vital-energy Stagnancy and

to stop nausea. Radix Scutellariae and Rhizoma Coptidis, bitter and cold, are used to reduce the Stomach Heat. Radix Ginseng, Radix Glycyrrhizae Praeparata and Fructus Ziziphi Jujubae tonify the Interior Vital Energy. Stagnancy is caused by intermingled pathogenetic Heat and Cold. So drugs of cold and warm quality are used simultaneously.

You Zaijing: Vital-energy Stagnancy is a pathological condition with fullness but without any Excess. Since the pathogenetic factors have sunk into the Interior, diaphoresis is no more adoptable. Purgative is also not suitable as it is not an Excess, but only a fullness. Therefore, the pungent taste of Rhizoma Pinelliae and Rhizoma Zingiberis works to disperse the Stagnancy and the bitter taste of Rhizoma Coptidis and Radix Scutellariae is used to drive away the fullness. After such functioning, there should be a Deficiency in the Interior, which is treated by the tonifying agents such as Radix Ginseng, Radix Glycyrrhizae and Fructus Ziziphi Jujubae.

*Acupuncture Points:* Jueque (RN 14), Geshu (BL 17), Pishu (BL 20), Neiting (ST 44).

## CASES

### Case 1 (22 p. 243): Vital-energy Stagnancy

Mr. Gu, 50, had been suffering from fullness and Vital-energy Stagnancy in the epigastrium and abdomen accompanied by borborygmus and diarrhea for more than a year. The patient said that when he took cold food, borborygmus and diarrhea became acute. Other symptoms included restlessness and fullness, anorexia, mouth bitterness, yellowish urine. Tongue was red covered by thin yellow coating and thick greasy coating at the foot of tongue. Pulse was moderate and tight. This was a case caused by the Deficiency of Spleen and Stomach Vital Energy and accumulation of Humidity and Heat. It was a deficient case complicated with excessive condition. Treatment was directed to harmonize the Stomach and eliminate the Humidity. Decoction of Rhizoma Pinelliae *Xiexin* was prescribed in the following way:

Rhizoma Pinelliae Praeparata	9 grams
Rhizoma Coptidis	6 grams
Radix Scutellariae	6 grams
Rhizoma Zingiberis	6 grams
Radix Glycyrrhizae Praeparata	6 grams
Radix Codonopsis Pilosulae	12 grams
Fructus Aurantii	9 grams
Radix Aucklandiae	6 grams

After taking three doses, the feeling of fullness and Vital-energy Stagnancy disappeared. Borborygmus was greatly reduced, diarrhea halted and appetite improved. In the second treatment, the doctor instructed the patient to take another five doses of the same decoction. No recurrence was reported in the period of a full year.

### Case 2 (22 p. 244):

Female patient, 71, had been suffering from epigastric pain, belching and nausea



for several months. Bowels were open only once within several days, but there was no abdominal distention. Pulse was slender and speedy. Tongue coating was yellow and greasy. This was a case caused by the intermingling of indigestion with Humidity and Heat. Decoction of Fructus Gardeniae and Cortex Magnoliae Officinalis (Clause 79) with additions was adopted.

In the second treatment, the patient reported that she had taken three doses of the above decoction but the syndrome did not seem to have changed much. Decoction of Rhizoma Pinelliae *Xiexin* adding Rhizoma Atractylodis was given:

Rhizoma Pinelliae Praeparata	15 grams
Radix Scutellariae	9 grams
Rhizoma Coptidis	9 grams
Radix Scutellariae	9 grams
Radix Glycyrrhizae Praeparata	6 grams
Fructus Ziziphi Jujubae	5 pcs.
Radix Codonopsis Pilosulae	15 grams
Rhizoma Atractylodis	6 grams

After taking three doses of the above decoction, the patient went to the doctor for the third treatment. Epigastric pain was reduced with better appetite and no nausea or belching. There was a stool within three days, which was hard at beginning and became loose at the end. Tongue coating became thin and white. Pulse was tight and speedy but strengthless. Decoction of Rhizoma Zingiberis Recens *Xiexin* (Clause 157) was prescribed:

Rhizoma Pinelliae Praeparata	12 grams
Rhizoma Zingiberis Recens	15 grams
Radix Scutellariae	12 grams
Rhizoma Coptidis	9 grams
Radix Glycyrrhizae Praeparata	6 grams
Rhizoma Zingiberis	9 grams
Radix Codonopsis Pilosulae	12 grams
Fructus Ziziphi Jujubae	4 pcs.

After taking four doses of the above decoction, the syndrome was greatly reduced. Then Decoction of Rhizoma Pinelliae *Xiexin* was prescribed again for a full recovery.

### Case 3 (22 p. 244):

Male patient, 40, had been suffering from epigastric pain for many years. The pain was aggravated when he was hungry. Ten days ago, he had an attack of epigastric pain induced by improper intake of food. The pain was acute when he was hungry and reduced a bit when food was taken. There was relief when it was pressed. Other accompanying symptoms and signs included: acid regurgitation, burning sensation in the epigastrium and tenderness when it was deeply pressed. Tongue was red, covered with yellow and greasy coating. Pulse was tight and speedy. This was epigastric pain caused by the intermingling Heat and Cold, which should be treated by adoption of Decoction of Rhizoma Pinelliae *Xiexin*:

Rhizoma Pinelliae	9 grams
Radix Codonopsis Pilosulae	9 grams
Rhizoma Zingiberis	9 grams
Radix Scutellariae	9 grams
Rhizoma Coptidis	7.5 grams
Radix Glycyrrhizae Praeparata	4.5 grams
Fructus Ziziphi Jujubae	9 grams
Fructus Evodiae	4.5 grams
Concha Ostreae Usta	18 grams

Three doses were taken and the syndrome subsided greatly. In the second treatment the same decoction with subtraction of Concha Ostreae Usta was prescribed. Three doses were given and the syndrome was gone.

#### Case 4 (12 p. 70): Diarrhea

Female patient, 31, felt extremely thirsty while walking in the country. She drank the water in the river and began to have abdominal pain. The patient had a dozen watery bowel motions each day. After being treated by doctors of both Chinese and Western medicine, diarrhea was as acute as it had been, accompanied by borborygmus, fullness and Vital-energy Stagnancy in the epigastrium. Diagnosis: Pulse on all the six positions was small and speedy. The patient felt blocked in the epigastric region. Borborygmus was reported. She also had parched mouth and preferred cold drinks. The edge of the tongue was covered with white coating and the middle with yellow coating. The doctor could even hear the borborygmus sound and abdominal pain was also reported. Temperature was 38.6 °C. This was a case caused by the intermingled Heat and Cold (cold water from the river) that had hampered the normal circulation of Yin and Yang. Decoction of Rhizoma Pinelliae *Xiexin* was adopted to harmonize the Yin and Yang and regulate the normal circulation of the Vital Energy. Only one dose of the decoction worked off the ailment.

#### Case 5 (12 p. 72): Insomnia

Female patient, 60, was suffering from insomnia which had recently become worse. She also could not take in food and had extreme restlessness. After taking hypnotic pills she could sleep an hour or so. Diagnosis: Pulse was hesitant. Tongue was covered by thick and greasy coating. All these indicated that the syndrome was caused by accumulation of Heat at the Interior. When asked about her epigastrium, the patient replied that she had a feeling of extreme fullness and suffocation, but there was no pain or distention. There was no stool in a few days. Insomnia was caused by the malharmonization of the Stomach. To get rid of insomnia, Stomach should be treated first. Decoction of Rhizoma Pinelliae *Xiexin* adding Fructus Aurantii Immaturus was given to harmonize the Stomach. The decoction was taken in the evening. That night the patient had a sound sleep. The symptoms of restlessness and fullness were all greatly reduced. Several doses of the same decoction enabled the patient to return to normal.

### ·CLAUSE 150

Overlapping of the syndromes of Initial Yang and Lesser Yang: A

dose of purgative (1) will end in a Blocked-up Chest with epigastric hardness, continuous diarrhea, restlessness and complete anorexia and even reluctance to drink water or soup.

#### NOTES

1. A purgative is prohibited in both Initial Yang and Lesser Yang syndromes. So the adoption of a purgative is mistaken in this case.

Cheng Zhi: This clause discusses the complications caused by the adoption of a purgative for the symptom complex of Initial Yang and Lesser Yang. The Exterior pathogenetic factor of Initial Yang invaded the Interior and formed a Blocked-up Chest with epigastric hardness. The pathogenetic factor resting at the half-Interior of Lesser Yang invaded the Interior and caused a continuous diarrhea. When a pathogenetic factor rests at both the Upper and Lower Portions of the Body Cavity, Greater Yang (Middle Portion of Body Cavity) which lies between them is also affected, resulting in anorexia and restlessness.

*Acupuncture Points:* Zhiyang (DU 9), Danshu (BL 19), Zusanli (ST 36).

#### CLAUSE 151

The pulse is floating and tense. After the adoption of purgative, the pulse changes to deep-tense, which reflects the fact that Vital-energy Stagnancy is taking shape. When it is pressed, the stagnant spot is soft. Therefore, it is only a case of Gas-stagnancy (1).

#### NOTES

1. When normal circulation of the Vital Energy is hampered by a pathogenetic factor at the Interior, the stagnant Vital Energy will take shape as a Gas-stagnancy.

Wu Qian: Febrile disease caused by Cold with pulse floating and tense requires the adoption of a diaphoretic. But a purgative is adopted instead, causing the Cold pathogenetic factor to invade the Interior and forming Vital-energy Stagnancy. So the pulse becomes deep-tense, reflecting the pathological change from the Exterior to the Interior syndrome. "When it is pressed, the stagnant spot is soft." That is to say, there is no hard mass or pain; it is only a Gas-stagnancy with an uncomfortable feeling. Decoction of Radix Glycyrrhizae *Xiexin* (Clause 158) is the curative.

*Acupuncture Points:* Shanzhong (RN 17), Zhongwan (RN 12), Guanyuan (RN 4), Neiguan (PC 6).

#### CLAUSE 152

Initial Yang syndrome, febrile disease caused by Wind. Although symptoms of nausea and diarrhea (1) are observed, a purgative is not

to be used before the Exterior syndrome is dispersed. The following symptoms and signs may indicate that the Interior is not in harmony after the Exterior syndrome is gone: slight perspiration, without chills, occurring at a certain time (2), headache, Vital-energy Stagnancy, hardness and fullness at the epigastrium, a referred pain below the costal margin, and nausea with shortness of breath. Decoction of Ten Pieces of Fructus Ziziphi Jujubae (3) can be adopted (4).

#### NOTES

1. Wu Qian's remark: "Nausea and diarrhea": There should be no diarrhea here. This is because when the patient is having nausea and diarrhea, how can an acute purgative be adopted to disperse the pathological condition?

2. Wu Qian's remark: "Slight perspiration without chills occurring at a certain time" should be: "Slight perspiration without chills, fever occurring at a certain time." The reason is that when there is no fever, it is a case of Cold and Water-fluid Stagnancy of the Lesser Yin syndrome. Then Decoction of *Zhenwu* (Clause 82), but not Decoction of Ten Pieces of Fructus Ziziphi Jujubae (*Shi Zao Tang*), should be practiced.

3. Du Ren: Decoction of Ten Pieces of Fructus Ziziphi Jujubae should be practiced with caution. It can only be adopted to those of sturdy build.

4. Decoction of Lesser *Qinglong* (Clause 40), Decoction of *Zhenwu* (Clause 82), *Wuling* Powder (Clause 71) and this clause all deal with pathological conditions caused by Fluid-retention. But the pathology of the above syndromes and the principle of treatments covered by them are not the same. They are comparable in the following table:

TABLE 33. COMPARISON OF FOUR DECOCTIONS

Decoction	Pathology	Principle of treatment
<i>Zhenwu</i>	Exhaustion of Kidney Yang Vital energy; rampage of Water-fluid at the Interior	Warm the Channels so as to disperse the Water
Lesser <i>Qinglong</i>	Pathogenetic Cold resting at the Exterior, hampering the circulation of Interior Water-fluid	To induce a perspiration so as to disperse the Water
<i>Wuling</i> Powder	Failure of the vaporization of the Urinary Bladder	To promote the germination of Vital Energy and help to build up the vaporization function
Ten Pieces of Fructus Ziziphi Jujubae	Stagnancy of Water-fluid at the chest and ribs	To disperse the Water-fluid with strong Water-expellent

Decoction of Ten Pieces of Fructus Ziziphi Jujubae  
(*Shi Zao Tang*):

Flos Genkwa  
Radix Euphorbiae Kansui  
Radix Euphorbiae Pekinensis

Pound the above three drugs separately in equal dosage. Stew 10 pieces of big Fructus Ziziphi Jujubae in 1.5 *sheng* of water till eight *ge* are left. Filter the decoction and put in the powder of the above drugs one *qianbi* (2 grams) for a strong person and 0.5 *qianbi* (1 gram) for a weak person. Take it when lukewarm during the daytime. If there is only a little defecation and the syndrome is not gone, take another dose the next day, with 0.5 *qianbi* more each dose. After having loose bowels, porridge should be served to help the patient recover.

*Explanation of the Prescription:* This is an acute Water-expellent. Flos Genkwa, Radix Euphorbiae Kansui and Radix Euphorbiae Pekinensis are all severe drugs for draining the stagnant Water and Fluid. Radix Euphorbiae Kansui is the most severe. All the drugs are poisonous, acute in their action, and harmful to Stomach and Spleen. So Fructus Ziziphi Jujubae is used to protect the Stomach function and act as an antidote.

*Acupuncture Points:* Zhongwan (RN 12), Tianshu (ST 25), Zhangmen (LR 13), Yinlingquan (SP 9).

## CASES

### Case 1 (18 p. 149): Pleurisy with Effusion

Male patient, 13, had at first a fever with coughing that induced costal pain. He then felt full and distended on both ribs and a swelling on the left. The patient also had dyspnea and a pain that would worsen when turning the body. He preferred to lie on one side and felt parched in the mouth but was reluctant to drink. An X-ray examination indicated that it was a case of pleurisy with effusion and hydrops on the left chest. Tongue was covered with a thin yellowish coating. Pulse was deep and tight. This was *Xuanyin* Fluid-retention (*Xuanyin*, see Chapter 12 of *Jinkui Yaolue*). Decoction of Ten Pieces of Fructus Ziziphi Jujubae was given to disperse the retention:

Radix Euphorbiae Pekinensis	3 grams
Flos Genkwa	3 grams
Powder of Radix Euphorbiae Kansui (wash down in two doses)	0.6 gram
Semen Lepidii seu Descurainiae	3 grams
Semen Sinapis Alba	9 grams
Fructus Ziziphi Jujubae	10 pcs.

After taking four doses of the above decoction, the patient had ample urination and loose stool. Coughing and dyspnea subsided greatly. After taking the second four doses, the X-ray examination showed obvious absorption of hydrops. In the third treat-

ment *Sini Powder* (see Clause 318), consisting of the following drugs, was prescribed:

Radix Glycyrrhizae Praeparata  
Fructus Aurantii Immaturus  
Radix Bupleuri  
Radix Paeoniae

adding:

Flos Inulae  
Semen Sinapis Alba  
Radix Curcumae

Case 2 (18 p. 150):

According to the *Medical Journal of the People's Liberation Army* (No. 2, 1965), 51 cases of pleurisy with effusion were treated by adoption of Decoction of Ten Pieces of *Fructus Ziziphi Jujubae*. The following is a report:

Pleurisy with effusion, total 51 cases:

Pleuritic fluid improved within 11 days, 96%;

Pleuritic fluid disappeared within 20 days, 88.2%;

Disappearance of pleuritic fluid, average 16.2 days;

Abdominal pain occurred in 19 cases;

Nausea and vomiting occurred in 6 cases;

Watery stool occurred in nearly all cases.

Case 3 (18 p. 150):

Male patient, 52, had been suffering from dropsy for about a month. Dropsy started from his feet and extended upward. Abdomen was full, distended and swollen. Edema also appeared on the face. Other symptoms included asthma, dysuria. Tongue was covered with white coating. Pulse was slow and deep. The following decoction was prescribed, aiming at warming the Yang and eliminating the Water and nourishing the Earth (Spleen and Stomach) so as to control the Water:

Pericarpium Citri Reticulatae  
Poria (peel)  
Rhizoma Zingiberis (peel)  
Cortex Mori Radicis  
Pericarpium Arecae  
Polyporus Umbellatus  
Rhizoma Alismatis  
Rhizoma Atractylodis Macrocephalae  
Ramulus Cinnamomi  
Herba Ephedrae  
Radix Aconiti  
Semen Zanthoxyli

Radix Stephaniae Tetrandrae  
Radix Phytolaccae

After taking several doses of the above decoction the edema of the face gradually disappeared. Edema of both legs subsided in the morning but appeared again at dusk. The abdomen was still distended and swollen but a bit softer. Tongue was still covered with white coating. Pulse was slender. This was a case with deficient Body Resistance and strong pathogenetic factors, which might turn into a severe case if pathogenetic Water was not removed in time. Pills of Ten Pieces of Fructus Ziziphi Jujubae were given, 4.5 grams as a dose. After taking the pills watery stools reduced the syndrome significantly. In order to protect the Body Resistance, tonics and Water-repellent were used intermittently. The tonic was *Xiang Sha Liujunzi Tang*: Radix Ginseng, Poria, Rhizoma Atractylodis Macrocephalae, Radix Glycyrrhizae, Rhizoma Pinelliae, Pericarpium Citri Reticulatae, Radix Aucklandiae, Fructus Amomi.

After nine treatments and more than 30 doses of decoctions the syndrome was gone. Pills made of the following drugs were given to supplement:

Radix Ginseng  
Poria  
Rhizoma Atractylodis Macrocephalae  
Radix Glycyrrhizae  
Rhizoma Pinelliae  
Pericarpium Citri Reticulatae  
Radix Aucklandiae  
Fructus Amomi  
Radix Astragali  
Radix Aconiti  
Endothelium Corneum  
Fructus Hordei Germinatus  
Rhizoma Zingiberis Recens  
Fructus Ziziphi Jujubae

Nine months later when the doctor saw the patient again, no recurrence was reported.

Case 4 (18 p. 152): Acid Regurgitation

Male patient, 27, had been suffering from gastric pain for two years. After drinking cold water he always felt gastric pain with repeated acid regurgitation and fullness sensation. After taking two doses of Decoction of Ten Pieces of Fructus Ziziphi Jujubae, the syndrome was greatly improved. After the third dose acid regurgitation subsided, but there was diarrhea and a burning sensation in the chest. Porridge with Fructus Ziziphi Jujubae was served and diarrhea stopped. Three doses of the following decoction were given before the patient fully recovered:

Radix Codonopsis Pilosulae	9 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Poria	9 grams

Exocarpium Citri Grandis	4.5 grams
Fructus Ziziphi Jujubae	10 pcs.

Case 5 (22 p. 119): Ascites and Edema All Over the Body

Male patient, 68, had ascites and edema all over the body. There was little urination and he was constipated. To loosen the bowels the patient prescribed for himself Radix et Rhizoma Rhei, but the constipation did not seem to improve. Abdominal distention was aggravated so he had to consult the doctor. Diagnosis: Pulse was deep and tight. Tongue coating was thin, white and watery. Abdominal distention and pain was acute. This was edema caused by the rampant Humidity resting at the Spleen. Treatment was to regulate the Yang so as to facilitate the Water circulation. Radix et Rhizoma Rhei was not the right curative. Decoction of Ten Pieces of Fructus Ziziphi Jujubae was prescribed as follows, and the doctor instructed the patient not to take any salt.

Radix Euphorbiae Pekinensis	4.5 grams
Flos Genkwa	4.5 grams
Radix Euphorbiae Kansui	4.5 grams
Fructus Ziziphi Jujubae	10 pcs.

After taking the decoction, the patient had watery diarrhea seven to eight times. Abdominal distention disappeared but edema on both legs still remained. Urination was still inadequate. As the classics said, dropsy below the waist could be treated by diuretics, so the following decoction was prescribed:

Ramulus Cinnamomi	6 grams
Poria (with peel)	9 grams
Polyporus Umbellatus	6 grams
Rhizoma Alismatis	6 grams
Rhizoma Atractylodis Macrocephalae	6 grams
<i>Kongxian Dan</i> *	3 grams
Fructus Ziziphi Jujubae	10 pcs.

\**Kongxian Dan*, pill or powder consisting of Radix Euphorbiae Kansui, Radix Euphorbiae Pekinensis, Semen Sinapis Albae.

After taking the above decoction urination became normal. Edema disappeared from all parts of the body, but there were still loose stools. Drugs to tonify the Spleen and Kidney were adopted to bring about a full recovery.

## CLAUSE 153

Initial Yang syndrome: After a diaphoretic is given, the patient has fever and chills. After that, a purgative is adopted and a Vital-energy Stagnancy comes into being. The patient suffers from Defi-



ciency in both an exterior and interior manner, as well as an exhaustion both in the Yin and Yang Vital Energy (1). But the doctor diagnoses that if there is not Yang, Yin must prevail (2). Therefore warm needle acupuncture is practiced. It would be a difficult case to rescue if the following symptoms and signs appear after warm needle acupuncture is practiced: restlessness, a bluish and yellowish face, and muscle spasms (3). If the face is only a bit yellowish, and the extremities are warm (4), it would be a case easy to deal with.

#### NOTES

1. Exhaustion both in the Yin and Yang Vital Energy: Diaphoresis has exhausted the Yang Vital Energy and a purgative has exhausted the Yin Vital Essence.

2. "If there is no Yang, Yin must prevail": After a purgative is adopted, the Exterior syndrome invades the Interior and forms a Vital-energy Stagnancy. Then the Exterior syndrome disappears. Therefore the doctor makes the diagnosis: Since there is no Yang (Exterior) syndrome, it must be a case of Yin syndrome. Thus warm needle acupuncture is mistakenly practiced.

3. A bluish and yellowish face and muscle spasms are indications of extreme Deficiency in the Yang Vital Energy. Thus it is a serious case.

4. A slightly yellowish face and warmth in the extremities show that the Yang Vital Energy still exists. Therefore, it is a case easy to deal with.

#### CLAUSE 154

Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin* suits the syndrome with the following symptoms and signs: A Vital-energy Stagnancy is taking shape at the epigastrium, soft when pressed (1), and with floating pulse under middle-finger (2).

#### NOTES

1. "Soft when pressed" indicates that the stagnant pathogenetic Heat is not intermingled with the sputum and undigested food.

Wu Qian's remark: "Soft when pressed" should be "not soft when pressed." This is because if it is soft, then it is a Vital-energy Stagnancy of a deficient nature. How could then Radix et Rhizoma Rhei, a strong purgative, be adopted as the main agent?

2. Floating pulse under the middle-finger always indicates excessive Heat if it is not in a case of Exterior syndrome.

Wu Qian: "Soft when pressed" is only a gas-stagnancy. When it is not soft, it is a Vital-energy Stagnancy of Heat, which requires a purgative. If the pulse under the middle-finger is not deep-tense but rather is floating, it indicates that the Vital-energy Stagnancy of Heat is not a severe one, which can be dealt with Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin*.

Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin*  
(*Daihuang Huanglian Xiexin Tang*):

Radix et Rhizoma Rhei	2 <i>liang</i>
Rhizoma Coptidis	1 <i>liang</i>

Soak the above herbs in two *sheng* of *Mafeitang* (boiling water with numerous bubbles on surface) for a while. Then filter the decoction. Take it in two doses.

*Explanation of the Prescription:* This decoction is used to reduce the pathogenetic Heat and eliminate the Vital-energy Stagnancy. Because it is not used as a purgative, it is only soaked in the boiling water for a while. Radix et Rhizoma Rhei, at half dosage compared with that in Decoction of *Chengqi*, when used together with Rhizoma Coptidis, can reduce Heat and eliminate Stagnancy in the Stomach.

Wu Qian: Why are the two herbs not stewed, but only soaked in boiling water? This is because when the herbs are soaked in this way, the efficacy is not very strong; thus it will not function as a strong purgative, which is just right for this case.

*Acupuncture Points:* Juque (RN 14), Shaochong (HT 9), Lingdao (HT 4), Shuiquan (KI 5).

## CASES

### Case 1 (24 p. 100): Hemoptysis

Mr. Chen had hemoptysis in July, with parched mouth and tongue, pallid face, pain and suffocation in chest, and hesitant and mighty pulse on all positions. This was a case caused by accumulation of pathogenetic Heat. Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin* was the right curative.

### Case 2 (24 p.100): Hemoptysis

Mr. Liu, 19, had had coughing, hemoptysis and tidal fever for several months, accompanied by fever, rosy cheeks, emaciation, constipation, dysuria, purple tongue covered by yellow and parched coating, and tight and speedy pulse. Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin* with additions was prescribed:

Radix et Rhizoma Rhei (prepared with vinegar)	12 grams
Rhizoma Coptidis	6 grams
Radix Scutellariae	6 grams
Cortex Moutan Radicis	6 grams
Radix Angelicae Sinensis	6 grams
Fructus Gardeniae	9 grams
Radix Asparagi	9 grams
Radix Ophiopogonis	9 grams

After taking the decoction the patient had loose stools twice, but hemoptysis stopped. Tidal fever and coughing were all reduced, but coughing with dense sputum persisted.

Three doses of *Baihe Gujin Tang*, consisting of the following drugs, were adopted before the syndrome was completely gone:

Radix Rehmanniae  
 Radix Rehmanniae Praeparata  
 Radix Ophiopogonis  
 Bulbus Lili  
 Radix Paoniae Alba Praeparata  
 Radix Angelicae Sinensis  
 Bulbus Fritillariae Thunbergii  
 Radix Glycyrrhizae  
 Radix Scrophulariae  
 Radix Platycodi

Case 3 (24 p. 100): Epistaxis

Mr. Li, 22, had had a history of epistaxis when he was young. When he was retained in the hospital this time, he had been bleeding for two consecutive days. Other symptoms and signs included: Parched mouth, bitterness in mouth, constipation, vertigo, halitosis, dark red tongue covered by parched and thin coating, tight, speedy and mighty pulse. Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin* with additions was prescribed:

Radix et Rhizoma Rhei  
 Rhizoma Coptidis  
 Radix Scutellariae  
 Radix Rehmanniae  
 Cortex Moutan Radicis  
 Fructus Gardeniae  
 Cacumen Biotae  
 Rhizoma Imperatae  
 Radix Achyranthis Bidentatae

After taking one dose epistaxis stopped. Another three doses of the same decoction were given in the second treatment, which brought about loose stools and a full recovery.

Case 4 (18 p. 174): "Case Studies of Wu Jutong"

Mr. Shi, 50, an alcohol addict, had excessive hemoptysis. Pulse on all positions was grand and speedy and he had a flushed face. This was a case caused by the excessive Fire in the three Yang Channels. Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin* was prescribed:

Radix et Rhizoma Rhei	6 qian
Rhizoma Coptidis	5 qian
Radix Scutellariae	5 qian

One dose of the decoction cured the ailment. The second dose brought the pulse back to normal. There was a recurrence on the seventh day so another two doses were given.

## Case 5 (17 p. 219): Neurogenic Headache

Female patient, 30, had been suffering from neurogenic headaches in her right forehead for about 15 years. She had frequently used analgesic tablets in the past, but they didn't seem to work any more. When the headache occurred, it might last two to three hours, accompanied by nausea and vomiting. After the attack, the patient felt extremely tired and depressed. There was also a slight constipation; tongue was covered by thin and yellow coating; pulse was tight and slippery. Decoction of *Xiexin* with additions was prescribed:

Radix Scutellariae	10 grams
Rhizoma Coptidis	10 grams
Radix et Rhizoma Rhei (prepared with wine)	6 grams
Folium Isatidis	18 grams
Folium Citri Reticulatae	12 grams
Radix Paeoniae Alba	18 grams
Radix Linderae	15 grams
Radix Scutellariae	15 grams
Radix Glycyrrhizae	6 grams
Periostracum Cicadae	3 grams
Scolopendra	3 pcs.

## Case 6 (17 p. 219): Neuralgia of Trigeminal Nerve

Female patient, 57, was having neuralgia of trigeminal nerve and hypertension (190/110 mm.Hg.). Other symptoms and signs were: headaches, dreaming, flushed face, tight and mighty pulse, trembling of both arms, tenderness on focus. Decoction of *Xiexin* with additions was given:

Radix Scutellariae	12 grams
Rhizoma Coptidis	12 grams
Radix et Rhizoma Rhei	10 grams
Cortex Phellodendri	10 grams
Spica Prunellae	15 grams
Folium Citri Reticulatae	12 grams
Fructus Forsythiae	15 grams
Folium Isatidis	15 grams
Scolopendra	5 pcs.
Radix Angelicae Dahuricae	12 grams

In the second treatment, the same decoction with the following alterations was given:

Reducing Radix et Rhizoma Rhei	6 grams
Increasing Spica Prunellae	20 grams
adding:	
Caulis Polygoni Multiflori	30 grams
Cortex Albiziae	30 grams
Gypsum Fibrosum	45 grams

After taking four doses of the above decoction, headache and neuralgia subsided, and blood pressure was reduced to 160/90 mm.Hg. To stabilize the condition, more doses were given, with *Radix et Rhizoma Rhei* reduced to two grams in each decoction.

Case 7 (22 p. 76): Bacillary Dysentery

Mr. Lin, in his twenties, had bacillary dysentery in summer of 1963 and was treated by Western medicine at first. When the treatment did not seem to work, he was taken to a TCM doctor. Diagnosis: dysentery occurred about 20 times a day, with acute pain in lower abdomen, tenesmus, and bloody pus which was found in the stool. Decoction of *Radix et Rhizoma Rhei* and *Rhizoma Coptidis Xiexin* with additions were given:

*Radix et Rhizoma Rhei*  
*Rhizoma Coptidis*  
*Radix Scutellariae*  
*Radix Paeoniae Alba*  
*Radix Glycyrrhizae*  
*Fructus Crataegi*  
*Radix Sanguisorbae Praeparata*

After taking one dose of the above decoction, the syndrome was greatly reduced. Another dose was given, which worked off the ailment basically. To protect the Body Resistance, *Radix et Rhizoma Rhei* was subtracted and *Radix Codonopsis Pilosulae* was added in the third decoction.

## CLAUSE 155

Decoction of *Radix Aconiti Praeparata Xiexin* is suitable for a syndrome with the following symptoms and signs: Vital-energy Stagnancy at the epigastrium and chills with perspiration (1).

### Notes

1. This clause is similar to Clause 154. But in this clause, chills and perspiration are added to the symptoms and signs, showing that this is a case with insufficiency of Exterior Yang. So, in the treatment, *Radix et Rhizoma Rhei* and *Rhizoma Coptidis* are still used to eliminate the Vital-energy Stagnancy by clearing up the Interior Heat. *Radix Aconiti* is adopted to deal with the chills and perspiration. Since this is a case with intermingled Heat and Cold, drugs of cold and warm quality should be used simultaneously.

This clause is also similar to Clause 164. But in that clause, "Exterior syndrome" still prevails, indicating that there still exists the symptoms of headache, floating pulse, etc. Therefore, the treatment is to deal with the Exterior syndrome first and then deal with the Interior syndrome.

Decoction of Radix Aconiti Praeparata *Xiexin*  
(*Fuzi Xiexin Tang*):

Radix et Rhizoma Rhei	2 <i>liang</i>
Rhizoma Coptidis	1 <i>liang</i>
Radix Scutellariae	1 <i>liang</i>
Radix Aconiti Praeparata	1 <i>liang</i>

Stew Radix Aconiti Praeparata separately for some juice. Chop the above three drugs and soak in two *sheng* of boiling water (*Mafeitang*) for a while. Filter the decoction and put the juice of Radix Aconiti Praeparata into it. Take the decoction when lukewarm in two doses.

*Explanation of the Prescription:* Radix Aconiti Praeparata is used to warm the Channel and stabilize the Exterior Vital Resistance. Radix Scutellariae, Rhizoma Coptidis and Radix et Rhizoma Rhei reduce the stagnant Heat. So this decoction is efficacious both in strengthening the Yang Vital Energy and eliminating the Vital-energy Stagnancy.

Li Zhongzi: Radix Scutellariae, Rhizoma Coptidis and Radix et Rhizoma Rhei are used to eliminate Heat as well as building up the Yin Vital Essence. Radix Aconiti Praeparata is used to warm the Channel and stabilize the Exterior Vital Resistance. When cold and hot drugs are used simultaneously, each can play its part without interfering with the other. This is an admirable therapy prescribed by Zhang Zhongjing.

*Acupuncture Points:* Shenmen (HT 7), Taixi (KI 3), Guanyuan (RN 4), Qihai (RN 6).

## CASES

### Case 1 (18 p. 193):

A student had been suffering from a cold for several months with several complications. When he went to the TCM doctor, he reported that he felt full and suffocated in the chest with fever and perspiration in the upper part of the body, and chills and aversion to wind below the waist. The patient covered his waist and legs with a quilt to warm himself, although it was summer. Tongue coating was light and yellow; pulse was tight. Decoction of Radix Aconiti *Xiexin* was prescribed. Two days later when the patient came to the doctor again, he said after taking two doses of the above decoction he felt better.

### Case 2 (24 p. 104):

Mr. Zheng, 36, had been working too hard and suddenly had hemoptysis. The accompanying symptoms and signs included: aversion to cold, suffocation in chest, cold on both legs and feet, flushed face, floating and void pulse. This was a case with intermingled Heat in the upper part, and Cold in the lower part of the body. The Heart Fire was rampant and ascended but the Yang at the lower part was extremely deficient. The excessive Fire should be brought down so that hemoptysis could stop. At the same time Yang should be stabilized. Decoction of Radix Aconiti *Xiexin* was the right cure.

## Case 3 (29 p. 117):

Female patient, 73, first treatment on June 12, 1964. The patient had some cold food and drank a little wine before she had a nap, leaving herself uncovered. Thus she got a cold. She had chills and a fever with slight perspiration, cold extremities, coughing with white and sticky sputum, stuffy and suffocated chest and epigastrium, nausea, anorexia. Tongue was covered with white-yellow and greasy coating. Pulse was deep and tight. This was a case of indigestion with Exterior syndrome. The first prescription should be directed to disperse the Exterior syndrome:

Ramulus Cinnamomi	6 grams
Radix Paeoniae Rubra	10 grams
Radix Glycyrrhizae Praeparata	6 grams
Rhizoma Zingiberis Recens	6 grams
Fructus Ziziphi Jujubae	6 pcs.
Medicated Leaven	10 grams
Fructus Crataegi Praeparata	10 grams
Cortex Magnolice Officinalis	2.5 grams
Semen Armeniacae Amarum	10 grams

After taking the decoction he sweated and fever retreated, showing that the Exterior syndrome was gone. However, there was still perspiration, chills, cold extremities and a general malaise. Tip of tongue was red, with red and scanty urine, hemorrhoid pain, all being an indication of Interior Heat. Constipation, anorexia, stuffy chest, nausea and deep and tight pulse were also diagnosed, indicating an Interior blocked-up condition. This therefore was a case with Interior Cold, Heat and blocked-up condition, which should be treated by adoption of Decoction of Radix Aconiti *Xiexin*:

Radix Aconiti Praeparata	6 grams
Radix et Rhizoma Rhei	3 grams
Radix Scutellariae	3 grams
Rhizoma Coptidis	3 grams
Rhizoma Pinelliae	10 grams
Semen Armeniacae Amarum	10 grams

After taking the decoction the patient had a bowel motion which was extremely foul and filthy. Afterwards the patient felt hungry and all the symptoms subsided gradually.

## Case 4 (29 p. 117):

Female patient, 62, had been suffering from a stomach ailment for many years. During the Spring Festival she was too busy to take care of herself and had an attack, vomiting plenty of substances of coffee color, followed by hemoptysis and melena. The doctor was sent for and a thorough examination was made: the patient was lying in bed, with pallid face, aversion to cold, cold sweat, flushed cheeks, parched mouth but unable to drink water. The patient covered herself with a thick quilt and was reluctant to stretch out her hands. Pulse was deep and slender. Tongue was red, covered with

greasy, gray coating. There was a feeling of suffocation in chest, but no pain. The patient was restless and irritative, and unwilling to go to the hospital. The following decoction was prescribed. The doctor also instructed the patient's relative that if the decoction did not stop the hemoptysis she should be sent to the hospital. The decoction was composed of:

Radix Scutellariae	9 grams
Colla Corii Asini (prepared separately, mix with the decoction)	9 grams
Rhizoma Coptidis	3 grams
Radix et Rhizoma Rhei Praeparata	3 grams
Radix Rubiae Praeparata	10 grams
Radix Aconiti Praeparata	6 grams

The decoction was served urgently. Two hours after taking it hemoptysis stopped and the patient fell asleep. The next morning, she was feeling much better. Aversion to cold and suffocation all subsided greatly. In the second treatment the same decoction with alterations was prescribed: subtracting Radix et Rhizoma Rhei Praeparata; reducing Radix Aconiti Praeparata to 3 grams; adding Os Sepiellae seu Sepiae, 10 grams. After taking the decoction the patient felt still much better. In the final treatment the following drugs were prescribed to bring about harmonization:

Radix Angelicae Sinensis  
 Radix Paeoniae  
 Radix Ginseng  
 Poria  
 Rhizoma Atractylodis Macrocephalae  
 Radix Glycyrrhizae  
 Pericarpium Citri Reticulatae  
 Rhizoma Pinelliae

#### Case 5 (12 p. 77): Headache

Male patient, 48, had been suffering from a common cold with coughing and fever for five days and was retained in hospital. After one week's treatment temperature returned to normal and coughing was greatly reduced. However, one day he suddenly developed a headache accompanied by restlessness, perspiration, general malaise, anorexia, but there was no nausea or vomiting. After several examinations it was diagnosed as "neurogenic headache." When the patient was examined by the TCM doctor, he found the patient had a bluish and black complexion, cold extremities, severe headache as if he were beaten by stick, constipation, scanty urine and depression. Pulse was soft and speedy. Tongue was fat, covered by wet dark-yellow and greasy coating. This was a case of deficient Kidney Yang invaded by accumulation of Humidity and Heat. The lucid Yang failed to ascend and the turbid Yin failed to descend. Since the head was a location where the Yang combined, the excessive Yin ascended to the head to bring about trouble while the Yang was deficient. Therefore, there was a severe headache. Treatment was the adoption of Decoction of Radix Aconiti *Xiexin*, aiming at warming the Kidney Yang and eliminating the Heat and Humidity. Prescription was as follows:



Radix et Rhizoma Rhei (stewed later)	10 grams
Radix Aconiti Praeparata (stewed earlier)	10 grams
Radix Scutellariae	10 grams
Rhizoma Coptidis	6 grams
Rhizoma Zingiberis	9 grams
Rhizoma Pinelliae	10 grams
Herba Artemisiae Scopariae	15 grams
Caulis Akebiae	10 grams
Talcum	30 grams

After taking three doses of the decoction there were loose stools accompanied by some abdominal pain. In the second treatment the same decoction adding the following herbs was given in three doses:

Radix Aucklandiae	9 grams
Fructus Aurantii	10 grams

In the third treatment, Pills of *Jinkui Shenqi*\* were prescribed; two pills a day.

\*Pills of *Jinkui Shenqi*: Prescription can be found in *Jinkui Yaolue Fanglun* (*Synopsis of Prescriptions of the Golden Chamber*), Chapter 5, which consists of the following herbs:

Radix Rehmanniae
Fructus Comi
Rhizoma Dioscoreae
Rhizoma Alismatis
Poria
Cortex Moutan Radicis
Ramulus Cinnamomi
Radix Aconiti Praeparata

#### Case 6 (22 p. 241): Chronic Dysentery

Male patient, 36, had abdominal pain, dysentery, tenesmus and stool mixed with bloody pus for almost a year. Diagnosis: Pulse was grand and huge, but became strengthless when pressed deeply. Tongue was covered with dark-yellow thick coating. Tongue was fat and tender. There was also spontaneous perspiration. The patient was afraid of cold and wore woolen sweaters even in hot summer. Coldness prevailed in the four extremities. Dysentery occurred more than ten times a day, with tenesmus and bloody pus in the stool. This was a case with deficient Yang in Spleen and Kidney and accumulation of Heat and Humidity. Because the Body Resistance was extremely weak the pathogenetic factors were able to remain for such a long time. Combination of Decoction of Radix Aconiti *Xiexin* and Decoction of Radix Pulsatillae (see Clause 371) was prescribed in the following way:

Radix et Rhizoma Rhei (stewed later)	12 grams
Radix Aconiti Praeparata (stewed earlier)	12 grams

Semen Myristicae Praeparata	10 grams
Rhizoma Coptidis	6 grams
Radix Scutellariae	10 grams
Cortex Phellodendri	9 grams
Semen Arecae	15 grams
Radix Pulsatillae	15 grams

The second treatment: After taking three doses of the above decoction the syndrome subsided considerably. The same decoction with addition of the following drugs was prescribed in three doses:

Radix Aucklandiae	10 grams
Fructus Aurantii	9 grams

The third decoction in three doses was prescribed, subtracting Semen Arecae and Cortex Phellodendri. To supplement, porridge made of Semen Coicis and Semen Oryzae Nonglutinosae was served daily for about a year. No recurrence was reported within three days.

## CLAUSE 156

When Vital-energy Stagnancy (1) is caused by the adoption of a purgative, Decoction of *Xiexin* will no longer be efficacious, *Wuling Powder* (see Clause 71) will serve as a remedy when the following symptoms and signs are observed: restlessness, thirst for water, a parched throat, and dysuria (2).

## NOTES

1. Vital-energy Stagnancy is understood to be caused by stagnancy of Water and Fluid. So Decoctions of *Xiexin* are not efficacious. *Wuling Powder* will drain the stagnancy of the Waterfluid.

2. Cheng Yingmao: Restlessness, thirst for water, a parched throat, and dysuria are the symptoms and signs indicating Water and Fluid stagnancy, which has been caused by a Deficiency of the Stomach after a purgative was incorrectly adopted. Thus it is not a case of Heat congelation. *Wuling Powder* helps promote the function of the Vital Energy, so that the pathological condition at both the Interior and Exterior is dispersed. *Wuling Powder* is a remedy that disperses the pathogenetic factor resting at the Heart from the Urinary Bladder.

*Acupuncture Points:* Jinggu (BL 64), Taixi (KI 3), Zhongzhu (SJ 3), Pangguangshu (BL 28).

## CLAUSE 157

After dispelling the syndrome of febrile disease caused by Cold through perspiration, Decoction of Rhizoma Zingiberis Recens *Xiexin*

suits the following symptoms and signs: uneasiness of the Stomach, Vital-energy Stagnancy and hardness in the epigastrium, belching with a smell of indigestion, Water stagnancy below the costal margin, and diarrhea with a gurgling sound in the abdomen.

Decoction of Rhizoma Zingiberis Recens *Xiexin*  
(*Shengjiang Xiexin Tang*):

Rhizoma Zingiberis Recens	4 <i>liang</i>
Radix Glycyrrhizae Praeparata	3 <i>liang</i>
Radix Ginseng	3 <i>liang</i>
Rhizoma Zingiberis	1 <i>liang</i>
Radix Scutellariae	3 <i>liang</i>
Rhizoma Pinelliae	0.5 <i>sheng</i>
Rhizoma Coptidis	1 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.

Stew the above drugs in one *dou* of water till six *sheng* are left. Filter the decoction and stew it again till three *sheng* are left. Take three doses a day of one *sheng* each dose when lukewarm.

*Explanation of the Prescription:* This decoction is used to eliminate Vital-energy Stagnancy caused by Stomach Deficiency and stagnancy of Water-fluid after the Exterior syndrome has been dispersed. Rhizoma Zingiberis Recens and Rhizoma Pinelliae disperse the Water-fluid stagnancy below the costal margin. Radix Ginseng and Fructus Ziziphi Jujubae tonify the Deficiency of the Stomach Vital Energy. Rhizoma Zingiberis and Radix Glycyrrhizae Praeparata warm the Interior Cold. Radix Scutellariae and Rhizoma Coptidis eliminate the stagnant Heat.

Cheng Zhi: This decoction is efficacious for Vital-energy Stagnancy caused by Water-fluid stagnancy. After the dispersion of an Exterior syndrome, the patient will fully recover when his Stomach is in harmony. After perspiration, the Stomach is no longer in harmony. So food and Water-fluid congeal and form the Vital-energy Stagnancy and the epigastric hardness. When the Spleen and Stomach cannot digest the food, there appears belching with a smell of indigestion. When the Spleen and Stomach (Earth) are deficient, they cannot control the Water,\* so the Water stagnates below the costal margin. The Intestinal gurgling sound is caused when diarrhea occurs with undigested food in the stool. Thus Decoction of *Xiexin* is used to disperse the syndrome with Rhizoma Zingiberis Recens as the principal drug. Why is the decoction stewed again? A decoction which has been stewed a long time can harmonize the Stomach.

\*See the Conquest Sequence of the Five Evolutive Phases:

Liver (Wood) — Spleen (Earth) — Kidney (Water) — Heart (Fire) — Lung (Metal)  
— Liver (Wood)

*Acupuncture Points:* Zhongwan (RN 12), Pishu (BL 20), Zusanli (ST 36), Xiangmu (ST 43).

## CASES

## Case 1 (18 p. 178): Chronic Gastritis

Mr. Hu was suffering from hardness and fullness in the epigastric region with a gurgling sound in the intestine. For many years he would belch with a smell of indigestion after his meal. The patient was extremely thin with lusterless complexion. This was a case caused by the debilitated Spleen and Stomach that had failed to digest the food. Decoction of Rhizoma Zingiberis Recens *Xiexin* was the right cure. The following decoction was prescribed:

Rhizoma Zingiberis Recens	12 grams
Radix Glycyrrhizae Praeparata	9 grams
Radix Codonopsis Pilosulae	9 grams
Rhizoma Zingiberis	3 grams
Rhizoma Pinelliae	9 grams
Radix Scutellariae	9 grams
Rhizoma Coptidis	3 grams
Fructus Ziziphi Jujubae	4 pcs.

The decoction was taken daily in two doses. After taking the decoction for about a week the syndrome subsided but the patient was reluctant to eat. Decoction of *Liguanzi* (Radix Ginseng, Poria, Rhizoma Atractylodis Macrocephalae, Radix Glycyrrhizae, Rhizoma Pinelliae, Pericarpium Citri Reticulatae) was given to improve the appetite.

## Case 2 (18 p. 179):

Mr. Pan had been suffering from headache with intermittent chills and fevers and had recovered after taking Decoction of Lesser Radix Bupleuri. After some ten days there was a recurrence, and the patient was treated by several doctors who only made the disease more complicated. The patient was feeling full and distended in the chest, wanted to vomit, with loose stool and intestinal gurgling sound. Pulse was tense and speedy. Decoction of Rhizoma Zingiberis Recens *Xiexin* was prescribed. After taking one dose he felt much better and after taking the second one the syndrome was completely gone.

## Case 3 (18 p. 179):

Male patient in his thirties was feeling blocked and full in the chest, with hard mass at the left rib and intestinal gurgling sound. Whenever he overate, there he would have diarrhea. This had lasted six years already. Decoction of Rhizoma Zingiberis Recens *Xiexin* was prescribed and the patient recovered after taking several doses.

Case 4 (18 p. 180): A Case from *Yi Shi He Wen*

A man was suffering from watery diarrhea with nausea, vomiting and full and blocked chest. The case was so acute that people around him predicted he would die. A doctor was sent for and he prescribed Decoction of Rhizoma Zingiberis Recens *Xiexin*, three doses. After taking the decoction the patient had profuse vomiting and diarrhea and then stopped breathing. People around him sent for several doctors to save him. All the doctors believed that the patient was dead. Then the doctor who prescribed

Decoction of *Rhizoma Zingiberis Recens Xiexin* was sent for. Though the patient was "dead" for two hours, the doctor tried to open his mouth and fed him the decoction. The patient then had loose stools again and came to himself. After having some food he felt much better and the next day was fully recovered. The patient had had a habit of eating porridge all his life as this was the only food he could take, otherwise he would vomit. After he recovered from the illness he was able to eat any food without vomiting.

Case 5 (18 p. 180): Chronic Indigestion

A patient in his forties was addicted to alcohol and had been suffering from chronic indigestion for many years. This was accompanied by profuse salivation in the morning, repeated belching, gurgling sounds in the Stomach, and diarrhea with borborygmus. Whenever he had some food which was not good for digestion repeated diarrhea would occur. Pulse was slippery and speedy. Tongue was covered with white and greasy coating. Fullness and hardness were diagnosed in the chest. This was a case caused by the Water stagnancy in the Stomach and Intestine, which should be treated by Decoction of *Rhizoma Zingiberis Recens Xiexin*. After taking some ten doses the syndrome was completely gone.

Case 6 (25 p. 296): Chronic Gastritis

Male patient, 39, had been suffering from gastric pain for ten years. In the recent half a year the case had become aggravated: distention and pain appeared in the epigastrium, belching with a smell of indigestion, abdominal distention and borborygmus which was aggravated after meals. Stools were watery and hard intermittently. Tongue coating was thin and white. Pulse was tight and slippery. Decoction of *Rhizoma Zingiberis Recens Xiexin* was prescribed:

<i>Rhizoma Zingiberis Recens</i>	12 grams
<i>Radix Scutellariae</i>	10 grams
<i>Rhizoma Coptidis</i>	4.5 grams
<i>Radix Codonopsis Pilosulae</i>	10 grams
<i>Rhizoma Pinelliae</i>	15 grams
<i>Radix Glycyrrhizae</i>	10 grams
<i>Rhizoma Zingiberis</i>	3 grams
<i>Fructus Ziziphi Jujubae</i>	10 pcs.

The decoction was served one dose per day for a week, after which the syndrome subsided greatly. Another 12 doses of the same decoction were given. After taking all of them the syndrome was gone. Another six doses were given for consolidation.

## CLAUSE 158

The incorrect application of a purgative to a febrile disease caused by Cold or Wind will result in repeated diarrhea with undigested cereals several dozen times a day. Other symptoms and signs are a gurgling sound in the Intestine, Vital-energy Stagnancy and fullness and hardness

at the epigastrium. Nausea and restlessness are also observed. Taking the case of Vital-energy Stagnancy into consideration, the doctor would again prescribe a dose of purgative for the patient. It may be well predicted that the symptoms and signs of Vital-energy Stagnancy are becoming even worse. The reason is that the Vital-energy Stagnancy in this case is not a stagnancy of pathogenetic Heat, but is the adverse gas ascending from the Stomach caused by a grave Deficiency that makes such an epigastric stagnancy and hardness (1). Decoction of Radix Glycyrrhizae *Xiexin* is a curative (2).

## NOTES

1. Wang Hu: when continuous diarrhea happens several dozen times a day, the Stomach must be completely emptied. Thus it must be a deficient case. All the more, a purgative is again adopted, which makes the Vital Energy even more deficient. If it is a case of an excessive nature, there should be hardness and pain. But it is only hardness and fullness at the epigastrium. From this difference it can be diagnosed as a case of a deficient nature.

2. From Clause 149 to Clause 158, there appears five Decoctions of *Xiexin*. To better understand the five decoctions and their different efficacies, the following tables are given to illustrate their likes and differences:

TABLE 34: COMPARISON OF DRUGS USED IN THE FIVE  
DECOCTIONS OF *XIEXIN*

Decoction of	Dosages of Drugs Used in the Decoctions									
	(1)*	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
<i>Xiexin</i> I**	1								2	
<i>Xiexin</i> II	1	1							2	1
<i>Xiexin</i> III	1	3	1/2	3	3	3	12			
<i>Xiexin</i> IV	1	3	1/2	3	3	1	12	4		
<i>Xiexin</i> V	1	3	1/2	4		3	12			

\* (1) Rhizoma Coptidis

(6) Rhizoma Zingiberis

(2) Radix Scutellariae

(7) Fructus Ziziphi Jujubae (pcs.)

(3) Rhizoma Pinelliae (*sheng*)

(8) Rhizoma Zingiberis Recens

(4) Radix Glycyrrhizae

(9) Radix et Rhizoma Rhei

(5) Radix Ginseng

(10) Radix Aconiti (pc.)

\*\* *Xiexin* I — Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin* (Clause 154)

*Xiexin* II — Decoction of Radix Aconiti *Xiexin* (Clause 155)

*Xiexin* III — Decoction of Rhizoma Pinelliae *Xiexin* (Clause 149)

*Xiexin* IV — Decoction of Rhizoma Zingiberis Recens *Xiexin* (Clause 157)

*Xiexin* V — Decoction of Radix Glycyrrhizae *Xiexin* (Clause 158)

TABLE 35. COMPARISON OF PATHOLOGY, SYMPTOMS AND TREATMENT OF THE FIVE DECOCTIONS OF *XIEXIN*\*

Decoction of	Pathology	
	Same	Different
<i>Xiexin I**</i>	Stomach is the location of pathological condition. It loses its normal harmonious function of descending.	Mistreatment. Heat congeals in Stomach.
<i>Xiexin II</i>		Mistreatment. Heat congeals in Stomach, Exterior Deficiency.
<i>Xiexin III</i>		Mistreatment. Stomach deficient and cold, Heat in Intestine.
<i>Xiexin IV</i>		Not mistreatment. Stomach deficient, indigestion, Heat in Intestine, Water congeals in ribs.
<i>Xiexin V</i>		Mistreatment. Severe Stomach deficiency, Heat in Intestine.
Symptoms		
<i>Xiexin I</i>	Fullness and blocked in epigastrium, no tenderness.	Or with restlessness and thirst.
<i>Xiexin II</i>		No fever, aversion to cold, perspiration.
<i>Xiexin III</i>		Nausea, accompanied by diarrhea and borborygmus.
<i>Xiexin IV</i>		Fullness and hardness in epigastrium, belching with a smell of indigestion, diarrhea, borborygmus.
<i>Xiexin V</i>		Fullness and hardness in epigastrium, diarrhea with undigested food, nausea and restlessness.
Treatment		
<i>Xiexin I</i>	Drugs of bitter and cold quality are used: Radix Scutellariae and Rhizoma Coptidis.	Only cold and bitter.
<i>Xiexin II</i>		Bitter and cold, with pungent and hot drug to promote Yang.
<i>Xiexin III</i>		Cold and Hot are used to bring down the adversity and harmonize Stomach.
<i>Xiexin IV</i>		Cold and Hot are used to disperse Water congelation.
<i>Xiexin V</i>		Cold and Hot are used to warm the Interior and tonify Deficiency.

\*Table 35 is based on Book No. 23, p. 111 (see SOURCES).

\*\**Xiexin* I — Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin* (Clause 154)

*Xiexin* II — Decoction of Radix Aconiti *Xiexin* (Clause 155)

*Xiexin* III — Decoction of Rhizoma Pinelliae *Xiexin* (Clause 149)

*Xiexin* IV — Decoction of Rhizoma Zingiberis Recens *Xiexin* (Clause 157)

*Xiexin* V — Decoction of Radix Glycyrrhizae *Xiexin* (Clause 158)

### Decoction of Radix Glycyrrhizae *Xiexin*\*

(*Gancao Xiexin Tang*):

Radix Glycyrrhizae Praeparata	4 <i>liang</i>
Radix Scutellariae	3 <i>liang</i>
Rhizoma Zingiberis	3 <i>liang</i>
Rhizoma Pinelliae	0.5 <i>sheng</i>
Fructus Ziziphi Jujubae	12 pcs.
Rhizoma Coptidis	1 <i>liang</i>

\*According to the prescription in the book *Synopsis of Prescriptions of the Golden Chamber*, there should be three *liang* of Radix Ginseng in the above decoction.

*Explanation of the Prescription:* This decoction is a curative for Vital-energy Stagnancy with stagnant Yang and congealed Yin caused by repeated malpractice which has caused the pathological condition to ascend. This decoction relaxes the adversity and harmonizes the Interior function. Radix Glycyrrhizae Praeparata and Fructus Ziziphi Jujubae tonify the Interior Deficiency and relax the Interior adversity. Rhizoma Pinelliae brings down the ascending gas and stops vomiting. Radix Scutellariae and Rhizoma Coptidis reduce the stagnant Heat, while Rhizoma Zingiberis disperses the stagnant Cold. Thus, this is a decoction which reduces and tonifies at the same time with both cold and hot drugs.

Shen Liangchen: Comparison of Decoctions of *Xiexin*: Decoction of Rhizoma Pinelliae *Xiexin* and Decoction of Radix Glycyrrhizae *Xiexin* suit a case of Vital-energy Stagnancy caused by a Deficiency of Vital Energy. Decoction of Rhizoma Zingiberis Recens *Xiexin* disperses Vital-energy Stagnancy caused by indigestion. Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin* eliminates Vital-energy Stagnancy of Interior Heat. Decoction of Radix Aconiti Praeparata *Xiexin* is suitable for Vital-energy Stagnancy of Exterior Cold.

*Acupuncture Points:* Zusanli (ST 36), Xianggu (ST 43), Jianli (RN 11), Neiting (ST 44).

### CASES

Case 1 (12 p. 81): Constipation

Male patient, 55, had had constipation for several months. When he felt hungry he would feel distention and pain in the epigastrium, which was reduced a bit when pressed. There was also acid regurgitation. When he passed flatus he felt much relief



but this occurred infrequently. The patient was not thirsty but edema appeared on his face. Pulse was soft and moderate. Decoction of Radix Glycyrrhizae *Xiexin* adding Poria was prescribed. After taking three doses the patient had loose stools and plenty of flatus. In the second treatment, Decoction of Radix Stephaniae Tetrandrae and Radix Astragali\* adding Radix Aconiti was given. After taking one dose there was a loose stool which made the patient feel very comfortable. Distention and pain subsided. Edema also disappeared, but there was heart burn, so Poria was added to the above decoction. Two doses were served. Three months later when the doctor visited the patient no recurrence was reported.

\**Fangji Huangqi Tang*, composed of: Radix Stephaniae Tetrandrae, Radix Astragali, Rhizoma Atractylodis Macrocephalae, Radix Glycyrrhizae Praeparata, Rhizoma Zingiberis Recens, Fructus Ziziphi Jujubae.

Case 2 (24 p. 92):

A man had profuse spitting of sputum and asthma after he caught cold. Decoction of Ten Pieces of Fructus Ziziphi Jujubae was prescribed to disperse the sputum and ease the asthma. After taking the decoction, the patient felt a severe vertigo and had vomiting and diarrhea, anorexia and coldness on extremities. Decoction of Poria *Sin*\* was given, but cold still prevailed. The patient felt full and blocked in chest. Decoction of Radix Glycyrrhizae *Xiexin* was prescribed. After taking five doses the patient began to feel warm on the extremities, and the syndrome was eventually gone.

\*See Clause 69.

Case 3 (24 p. 92):

On the 14th or 15th day after a female patient had just recovered from febrile disease caused by Cold, she had a fever for three or four days. The patient was restless and had insomnia and felt full and blocked in the epigastrium. There was also diarrhea two or three times a day. Decoction of Radix Glycyrrhizae *Xiexin* was prescribed. The next day there was a good perspiration and measles appeared all over. All the other symptoms subsided.

Case 4 (24 p. 93):

A woman was suffering from continuous diarrhea for several months after childbirth. Accompanying symptoms and signs were: fullness and blocked sensation in the epigastrium, anorexia, mouth ulcers, red and swollen eyes, deficient and speedy pulse and emaciation. Decoction of Radix Glycyrrhizae *Xiexin* was prescribed. After taking the decoction for several dozen days diarrhea stopped.

Case 5 (24 p. 93):

A woman was suffering from Water-fluid retention during her pregnancy and the syndrome remained after childbirth. The patient felt full and blocked in the epigastrium, had diarrhea with borborygmus, mouth ulcers, belching and acid regurgitation. She could not take any salt and could only eat porridge every day. This was diarrhea complicated with mouth ulcers and stomach uneasiness. Decoction of Radix Glycyrrhizae *Xiexin* was prescribed. The syndrome was gone in a few days.

## Case 6 (24 p. 93):

A man was suffering from Deficiency of Spleen, which caused anorexia and profuse salivation. After repeated treatment the syndrome remained as it had been. Decoction of Radix Glycyrrhizae *Xiexin* was prescribed. After taking the decoction for 20 days the syndrome subsided greatly. *Xiang Sha Liujunzi Tang* composed of the following ingredients was given to disperse the remaining syndrome: Radix Ginseng, Poria, Rhizoma Atractylodis Macrocephalae, Radix Glycyrrhizae, Rhizoma Pinelliae, Pericarpium Citri Reticulatae, Rhizoma Cyperi and Fructus Amomi.

## Case 7 (24 p. 94): Chronic Diarrhea

The decoction with additions and subtractions is efficacious for various forms of chronic diarrhea. In the 22 cases reported by *Zhejiang TCM Magazine* 8:279, 1979 of chronic diarrhea, 20 cases were cured in the hospital, of which two cases recurred. Another two cases were not improved at all. For example, Mr. Liu, 36, had been suffering from diarrhea for four years. After the syndrome was gone there were repeated recurrences whenever the patient ate something oily or had overeaten a bit. When there was an attack he felt distention and suffocation in the epigastrium, watery stool and borborygmus. The stool often contained undigested food or sticky substances. Other symptoms were palpitations, insomnia, vertigo, deep and slender pulse, white and slightly greasy tongue coating, tenderness around umbilicus. Decoction of Radix Glycyrrhizae *Xiexin* adding Rhizoma Atractylodis Macrocephalae, Cortex Magnoliae Officinalis, Poria, Sorghum, Charred Triplet\* was prescribed. After taking three doses stools were of good shape and appetite improved. The patient could sleep better, but borborygmus and palpitations still remained. Six doses of the above decoction adding Ramulus Cinnamomi subtracting Cortex Magnoliae Officinalis were given. The syndrome was gone.

\*Charred Triplet, *Jiao San Xian*, a mixture consists of equal parts of Charred Medicated Leaven, Charred Crataegus Fruit and Charred Germinated Barley.

## Case 8 (17 p. 225): Behcet Syndrome

Female patient, 50, first treatment in October 1974. Ulcers appeared in buccal mucous and vulva. After an examination in the hospital Behcet syndrome was diagnosed. Decoction of Radix Glycyrrhizae *Xiexin* with additions was prescribed:

Radix Glycyrrhizae Praeparata	15 grams
Radix Scutellariae	9 grams
Rhizoma Coptidis	6 grams
Radix Codonopsis Pilosulae	9 grams
Rhizoma Zingiberis	3 grams
Fructus Ziziphi Jujubae	10 pcs.
Flos Chrysanthemi	12 grams
Flos Lonicerae	12 grams

One dose of the above decoction was taken per day for two months after which the syndrome was gone. There had been no recurrence within six years, but in November 1980, ulcers appeared in the buccal mucous for a week. Hard masses also appeared on

both legs. The patient felt aches all over the body, borborygmus, and anorexia. Tongue was pale and covered with thin and white coating, with parched mouth. Pulse was deep-slender and weak. Decoction of Radix Glycyrrhizae *Xiexin* was again prescribed:

Radix Glycyrrhizae Praeparata	15 grams
Radix Scutellariae	10 grams
Rhizoma Coptidis	10 grams
Rhizoma Pinelliae	12 grams
Radix Codonopsis Pilosulae	12 grams
Radix Glehniae	30 grams
Radix Ophiopogonis	15 grams
Fructus Chaenomelis	10 grams
Fructus Ziziphi Jujubae	4 pcs.

After taking 10 doses of the above decoction the ulcers did not subside, but the overall condition was significantly improved. Blood pressure dropped to 120/90 mm.Hg as compared to the previous 180/100 mm.Hg. In the next treatment the same decoction adding 20 grams of Cortex Prunus Armeniacae was given, and the dosages of Radix Scutellariae and Rhizoma Coptidis were increased to 12 grams each. After taking about 40 doses of the above decoction the ulcers disappeared.

### CLAUSE 159

Febrile disease caused by Cold: After taking the decoction (1), the patient has continued diarrhea, hardness and Stagnancy at the epigastrium. After the adoption of Decoction of *Xiexin* and other purgatives, continued diarrhea occurs again. Then *Lizhong* Pill (2) is given to stop the diarrhea, but the diarrhea becomes more acute. This is because *Lizhong* Pill deals with the syndrome of the Middle Portion of the Body Cavity only. This diarrhea is from the Lower Portion of the Body Cavity. Decoction of Halloysitum Rubrum and Limonitum will serve as curative. If it is not efficacious, a diuretic should be adopted to smooth the urination (3).

### NOTES

1. Zheng Zhongguang: "decoction" here means "decoction of purgative."
2. See Clause 386 for the prescription of *Lizhong* Pill.
3. Explanation of the clause (11 p. 781): "After taking the decoction" as mentioned at the beginning of the clause can be understood in the following way: A purgative is given when the Exterior syndrome still exists. And this will cause continued diarrhea and hardness and Stagnancy at the epigastrium. Generally speaking, Decoctions of *Xiexin* will be efficacious to the syndrome. But they do not seem to work. This is because the *Xiexin* are not strong enough to disperse the pathological condition. In that case, if the doctor increases the dosages of the *Xiexin*, there can be a good treatment. But some doctors think that since *Xiexin* are not efficacious, purgative should be given

again. This will only aggravate the syndrome. The syndrome described above is similar to that described in Clause 158, which can be treated by adoption of Decoction of Radix Glycyrrhizae *Xiexin*.

If the diarrhea described in this clause is caused by the impairment of the Yang Vital Energy in the Middle Portion of the Body Cavity, *Lizhong* Pill or Decoction of *Lizhong* can be adopted. But diarrhea in this clause is probably caused by the Deficiency in the Lower Portion, which should be treated by Decoction of Halloysitum Rubrum and Limonitum, an astringent and stabilizer.

Zheng Zhongguang: If Decoction of Halloysitum Rubrum and Limonitum cannot stop the diarrhea, a diuretic should be adopted to smooth urination. When urination is smoothed, water (urine) and cereals (feces) will be separated, so that the diarrhea will come to a stop.

Decoction of Halloysitum Rubrum and Limonitum  
(*Chishizhi Yuyuliang Tang*):

Halloysitum Rubrum (break into pieces)	1 <i>jīn</i>
Limonitum (break into pieces)	1 <i>jīn</i>

Stew the above drugs in six *sheng* of water till two *sheng* are left. Filter the decoction and take it in three doses.

*Explanation of the Prescription:* Halloysitum Rubrum, sour taste and warm quality, is an astringent. Limonitum stabilizes the Lower Portion of the Body Cavity. So this decoction is used as an astringent to stop the diarrhea.

Ke Yunbo: When Deficiency prevails at the Lower Portion, it is advisable to take the decoction in the following way: Wash down the powder of the above two minerals with Decoction of Radix Ginseng.

*Acupuncture Points:* Guanyuan (RN 4), Zhongji (RN 3), Shenshu (BL 23), Tianshu (ST 25).

## CASES

Case 1 (22 p. 320):

Male patient, 67, had been suffering from chronic diarrhea for a long time. Drugs to tonify the Spleen and Kidney in warm quality were adopted, but diarrhea had continued. The patient was emaciated, reluctant to speak and felt short of breath. Pulse was slender and weak; tongue was pale, covered with white coating. This was diarrhea caused by the slippery condition at the Lower Portion. Decoction of Halloysitum Rubrum and Limonitum with additions was given:

Halloysitum Rubrum	24 grams
Limonitum	18 grams
Semen Myristicae	9 grams
Radix Codonopsis Pilosulae	15 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Poria	9 grams

Pericarpium Citri Reticulatae	3 grams
Radix Glycyrrhizae Praeparata	3 grams
Radix Morindae Officinalis	9 grams

After taking five doses of the above decoction the syndrome subsided greatly. In the second treatment another five doses of the same decoction were prescribed. To supplement *Shen Ling Baizhu San* composed of the following ingredients was given in 15 doses:

Radix Ginseng
Poria
Rhizoma Atractylodis Macrocephalae Praeparata
Pericarpium Citri Reticulatae
Radix Glycyrrhizae Praeparata
Rhizoma Dioscoreae
Semen Dolichoris Album
Semen Nelumbinis
Fructus Amomi
Semen Coicis Praeparata
Radix Platycodi
Fructus Ziziphi Jujubae

Case 2 (22 p. 320):

Male baby, 2 months, had diarrhea 10 days after birth as it could not get enough milk from the mother and used a rice product as substitute. The patient had loose stools 15 to 20 times a day, which were watery and mixed with undigested substances. After some 50 days of treatment by Western and Chinese medicine, the patient still suffered from the ailment with the following symptoms and signs: watery stools with undigested substances, dysuria, anorexia, belching, pale face, opening eyes when sleeping, light red tongue covered by thin white coating. Decoction of *Halloysitum Rubrum* and *Limonitum* with additions was prescribed:

Halloysitum Rubrum	9 grams
Limonitum	6 grams
Pericarpium Granati	15 grams
Endothelium Corneum Gigeriae Galli	2 pcs.
Fructus Hordei Germinatus	9 grams
Semen Nelumbinis	15 grams
Radix Codonopsis Pilosulae	15 grams
Rhizoma Atractylodis Macrocephalae	6 grams
Poria	9 grams
Radix Glycyrrhizae	2.1 grams

In the second treatment, the mother reported that after taking two doses of the above decoction, the number of stools reduced to five times per day, and appetite improved. The same decoction subtracting *Halloysitum Rubrum* was prescribed.

In the third treatment, after taking two doses of the above decoction stools reduced to only two or three times a day, and appetite was even better.

### Case 3 (22 p. 321): Prolapse of Rectum

Male patient, 56, had had prolapse of the rectum 10 years ago when he was suffering from constipation. Whenever he was tired the prolapse would recur. The syndrome was complicated with hemorrhoids. The accompanying symptoms and signs included: emaciation, pale complexion, depression, general fatigue, anorexia, loose stool, pale tongue, deficient and slender pulse. Treatment: Decoction of *Halloysitum Rubrum* and *Limonitum* adding drugs of warm and tonifying quality was given to raise the lowered Interior Vital Energy:

<i>Halloysitum Rubrum</i> and <i>Limonitum</i>	15 grams
<i>Limonitum</i>	15 grams
<i>Semen Cuscutae</i>	9 grams
<i>Rhizoma Atractylodis Macrocephalae Praeparata</i>	9 grams
<i>Fructus Psoraleae</i>	6 grams
<i>Radix Glycyrrhizae Praeparata</i>	4.5 grams
<i>Rhizoma Cimicifugae</i>	4.5 grams
<i>Rhizoma Zingiberis Praeparata</i>	4.5 grams

After taking three doses the prolapsed rectum shrink back. Another three doses were taken and the rectum never prolapsed again. Stools became normal and his appetite improved. Another six doses of the above decoction with slight alterations were given to stabilize the condition. No recurrence was reported within a year.

## CLAUSE 160

Febrile disease caused by Cold: After a purgative and emetic have been used, diaphoresis is again adopted. The patient is restless and weak, with a very feeble pulse. After eight to nine days, the patient feels hardness and blocked at the epigastrium and a pain below the costal margin. He also feels air ascending to the throat and is getting dizzy. When he feels a twitching of the blood vessels and Channels from time to time, he is about to become paralyzed (*Wei*) (1) (2).

### NOTES

1. When the Body Fluid is extremely exhausted by repeated mistaken treatments, it will lose its normal function of nourishing the tendons and blood vessels, so paralysis (*Wei*) is caused.

2. Explanation of the clause: Symptoms and signs described in this clause could find its comparison in Clause 67. But they are different. Pulse in this clause is very feeble, as Deficiency prevails in Yin and Yang, in Blood and Vital Energy. Pulse in Clause 67 is deep and tense, an indication showing the Water-fluid retention when Yang is deficient. To compare both clauses, the following table will help (11 p. 786):

TABLE 36. COMPARISON OF CLAUSE 160 AND CLAUSE 67

	Clause 160	Clause 67
Pathology	Febrile disease caused by Cold, mistreatment of emetic, purgative and diaphoresis	Febrile disease caused by Cold, after treatment of emetic or purgative
Symptoms, signs & Pulses	Restlessness	No
	Very feeble pulse	Deep and tense pulse
	Hardness and blocked in epigastrium	Fullness and ascending feeling in epigastrium
	Pain in costal margin	No
	Air ascending to throat	Air ascending to chest
	Dizzy	Vertigo when getting up
	Twitching of blood vessels and Channels from time to time, becoming paralyzed	Trembling and shaking of the body
Mechanism	Deficiency in both Yin and Yang, turbid Yin ascending abnormally, lucid Yang fails to ascend. Stomach Vital Energy does not descend.	Water-fluid retention resulted when Stomach Yang Vital Energy is deficient.
Treatment	Tonify Vital Energy & Blood, bringing down the turbid Yin and raising the Yang	Warm the Interior and help restore the Yang to disperse the retention

*Acupuncture Points:* Quchi (LI 11), Yanglingquan (GB 34), Lieque (LU 7), Zhaohai (KI 6).

### CLAUSE 161

Febrile disease caused by Cold: After the adoption of a diaphoretic, emetic, or a purgative, the patient will have hardness and blocked sensation at the epigastrium and continuous belching when his Exterior syndrome has already gone. Decoction of Flos Inulae and Haematitum will be a remedy (1).

## NOTES

1. Diaphoresis, emetic and purgative are the main remedies that can disperse the pathogenetic factors from the body. But in the adoption of the above remedies, Body Resistance will be damaged at the same time. Syndrome described in this clause is caused when the Stomach is deficient and the turbid Yin does not descend, bringing up the Water-fluid retention and hardness and blocked sensation in epigastrium as well as repeated belching. The following table will make a comparison between the syndromes of Clause 157 and Clause 161:

TABLE 37. COMPARISON OF DECOCTION OF RHIZOMA ZINGIBERIS RECENS *XIEXIN* SYNDROME (CLAUSE 157) (I) AND DECOCTION OF FLOS INULAE AND HAEMATITUM SYNDROME (CLAUSE 161) (II)

	Decoction I (Clause 157)	Decoction II (Clause 161)
Symptoms	Hardness and blocked in epigastrium	Same
	Belching with a smell of indigestion	Repeated belching without smell
	Fluid retention resting at ribs	No
	Borborygmus, diarrhea	No
Mechanism	Deficient Stomach and indigestion failing to disperse Fluid retention	Deficient Stomach enabling Fluid retention taking shape with turbid Yin ascending
Treatment	Tonify the Interior and harmonize the Stomach, disperse the Fluid retention	Tonify the Interior and harmonize and replenish the Stomach, disperse Fluid retention, bring down adverse ascending
	Decoction of Radix Zingiberis Recens <i>Xiexin</i>	Decoction of Flos Inulae and Haematitum

Decoction of Flos Inulae and Haematitum  
(*Xuanfu Dazhe Tang*):

Flos Inulae	3 <i>liang</i>
Radix Ginseng	2 <i>liang</i>
Rhizoma Zingiberis Recens	5 <i>liang</i>



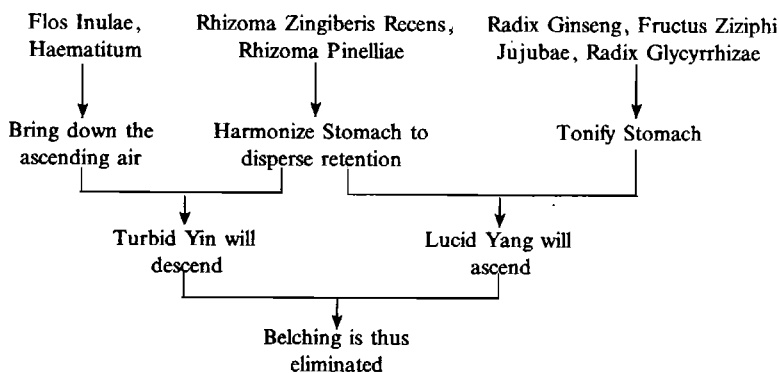
Haematitum	1 <i>liang</i>
Radix Glycyrrhizae Praeparata	3 <i>liang</i>
Rhizoma Pinelliae	0.5 <i>sheng</i>
Fructus Ziziphi Jujubae	12 pcs.

Stew the above drugs in one *dou* of water till six *sheng* are left. Filter the decoction and stew it again till three *sheng* are left. Take three doses a day of one *sheng* each dose.

*Explanation of the Prescription:* Flos Inulae and Haematitum are used to bring down the ascending air. Rhizoma Zingiberis Recens and Rhizoma Pinelliae eliminate the Water and Fluid. Radix Ginseng, Radix Glycyrrhizae Praeparata and Fructus Ziziphi Jujubae tonify the Deficiency and harmonize the Interior. This decoction is efficacious in tonifying the Deficiency, eliminating Water-fluid and harmonizing the Vital Energy of the Stomach.

Yu Chang: Hardness and blocked sensation at the epigastrium with continuous belching is an indication of ascending Stomach Vital Energy, which should, under normal conditions, descend. That is why Haematitum is used to lead Radix Ginseng in moving downward, thus eliminating the adverse ascending of the Stomach Vital Energy.

#### DIAGRAM ILLUSTRATING THE WAY DECOCTION OF FLOS INULAE AND HAEMATITUM WORKS



*Acupuncture Points:* Gongsun (SP 4), Huangshu (KI 16), Zhongwan (RN 12), Taichong (LR 3).

#### CASES

##### Case 1 (12 p. 86): Belching

Female patient, 40, had been suffering from duodenal ulcer. She always felt full and blocked in epigastrium, and had repeated belching with a feeling of ascending air. The full and blocked sensation was aggravated after each meal. Repeated belching would relieve her a bit. Stool was loose and watery. She had no appetite. Tongue was

tender, fat and covered with white coating. Pulse was tight and slippery. Decoction of Flos Inulae and Haematitum with additions was prescribed.

Flos Inulae	9 grams
Radix Codonopsis Pilosulae	9 grams
Rhizoma Pinelliae	9 grams
Haematitum	15 grams
Radix Glycyrrhizae Praeparata	6 grams
Fructus Ziziphi Jujubae	12 grams
Fructus Aurantii	9 grams
Radix Aucklandiae	6 grams
Cortex Magnoliae Officinalis	9 grams

After taking five doses of the above decoction the syndrome subsided greatly. Another five doses were taken before the syndrome was completely gone.

#### Case 2 (12 p. 86): Vertigo (Meniere's Syndrome)

Female patient, 56, had been suffering from frequent attacks of vertigo and nausea for many years. It was diagnosed as Meniere's syndrome. Recently she had felt severe vertigo and dimness of vision. She had to lie in bed all the time, and whenever she wanted to get up she might fall down. Nausea and vomiting occurred day and night, with sticky sputum and salivation. She also had difficulty in swallowing food and suffered from palpitations and restlessness. Pulse was deficient, tight and slippery. Tongue was covered with white greasy coating and in the center it was covered with slightly yellow and moist coating. Red cheeks could be seen on a pallid and yellow face. Lassitude was also diagnosed. This was a case caused by the abnormal ascending of deficient Yang and blockage of turbid sputum in chest. The ailment was originated from the Liver and Kidney Channels, which should be regulated by bringing down the adverse ascending and disperse the turbid sputum by adopting warmquality drugs. Decoction of Flos Inulae and Haematitum with additions and subtractions was prescribed:

Flos Inulae	9 grams
Fructus Aurantii Immaturus	9 grams
Caulis Bambusae in Taeniam	9 grams
Haematitum (burned)	15 grams
Rhizoma Pinelliae	6 grams
Pericarpium Citri Reticulatae	6 grams
Rhizoma Zingiberis Recens	3 slices

The decoction was served little by little. Three days later, when the patient went to visit the doctor the syndrome was found to be significantly reduced. The same decoction was prescribed again. After ten days of such treatment the syndrome was almost gone, but the patient was still weak and in low spirits. Decoction of Flos Inulae and Haematitum adding Rhizoma Cyperi, Fructus Amomi, Radix Angelicae Sinensis and Radix Paeoniae was prescribed. Within half a month the patient recovered completely.

## Case 3 (12 p. 87): Regurgitation

Male patient, 67, had been suffering from a stomach ailment for more than 30 years. Stomachache and uneasiness were frequent occurrences. Four days before the patient went to visit the doctor, he began to feel distention and pain in the epigastrium with nausea and vomiting. The syndrome was aggravated to such an extent that the patient vomited the food he had just taken. Sometimes in the evening he vomited the food he took in the morning. Substances in the vomitus were undigested food and water, which were quite smelly and sour. Epigastric pain with referred pain to the back was relieved a bit after vomiting. Restlessness, thirst and constipation were the accompanying symptoms. The patient was emaciated with repeated belching. Epigastrium was full and distended with gurgling sounds. Tongue coating was yellow and greasy. Pulse was slender and speedy. This was a case of a deficient state of the Stomach Vital Energy and the obstruction of sputum accumulation hampering the normal circulation of the Vital Energy. Treatment should be directed at bringing down the adverse ascending by reinforcing the Body Resistance:

Radix Codonopsis Pilosulae	9 grams
Flos Inulae	9 grams
Haematitum	21 grams
Rhizoma Pinelliae	6 grams
Rhizoma Coptidis	4.5 grams
Terra Flava Usta	30 grams
Fructus Aurantii	6 grams
Caulis Bambusae in Tactum	9 grams
Radix Glycyrrhizae	3 grams
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	5 pcs.

Acupuncture was also practiced. The next day vomiting stopped. In the second treatment the above decoction with the following alterations was prescribed:

Subtracting Fructus Aurantii, Terra Flava Usta  
Adding Radix Ophiopogonis, Semen Cardamomi Rotundi

The patient made a full recovery after taking 10 doses of the above decoction

## Case 4 (12 p. 88): Asthma

Female patient, 46, had been suffering from coughing and asthma for 15 years. No attacks were reported within the last three years. Two days before the latest attack, the patient became tired while she was traveling. She reported to the doctor: a full and suffocated feeling in chest, uneasy and hot feeling from throat to diaphragm. Constipation was accompanied by repeated flatus. Tongue was red and moist, covered with slightly yellow coating. Pulse was deep-slender and tight, but pulse on the right wrist was weak. Decoction of Flos Inulae and Haematitum with alterations was prescribed:

Flos Inulae (wrapped in cloth)	5 grams
Haematitum (stewed earlier)	24 grams

Lignum Aquilariae Resinatum (stewed later)	3 grams
Exocarpium Citri Grandis	10 grams
Rhizoma Pinelliae	6 grams
Poria	10 grams
Fructus Perillae Praeparata (wrapped)	10 grams
Bulbus Fritillariae Thunbergii	10 grams
Semen Armeniacae Amarum	10 grams

After taking three doses the syndrome subsided greatly.

#### Case 5 (12 p. 90): Nausca and Vomiting During Early Pregnancy

Female patient, 28, had nausea, vertigo and palpitations two months after her menstruation stopped. This was due to early pregnancy. After being treated by injection of glucose and bromide and oral vitamins, the syndrome was even more aggravated. Symptoms and signs included: vomiting of saliva without smell, gurgling sound in epigastrium, full and suffocating sensation in chest, vertigo and palpitations, sore limbs, emaciation, light red tongue covered with thin, white coating, slippery, speedy and strengthless pulse. Treatment was directed at tonifying the Stomach so as to build up the Interior and bring down the adverse ascending. Decoction of Flos Inulae and Haematitum was the right recipe:

Haematitum	30 grams
Flos Inulae	9 grams
Rhizoma Pinelliae	9 grams
Radix Codonopsis Pilosulae	9 grams
Rhizoma Zingiberis Recens	9 grams
Fructus Ziziphi Jujubae	9 grams
Radix Glycyrrhizae Praeparata	4.5 grams
Rhizoma Dioscoreae	15 grams
Pericarpium Citri Reticulatae	3 grams
Fructus Aurantii Immaturus	3 grams

The first dose reduced two-thirds of the syndrome. The second dose helped improve the appetite. To stabilize the condition the following decoction (*LiuJunzi Tang* with additions) was prescribed:

Radix Ginseng
Poria
Rhizoma Atractylodis Macrocephalae
Radix Glycyrrhizae
Pericarpium Citri Reticulatae
Rhizoma Pinelliae
Rhizoma Dioscoreae
Radix Glehniae
Fructus Setariae Germinatus

## Case 6 (22 p. 319): Globus Hystericus

Female patient, 45, had been troubled by her child's marriage and complained of feeling some foreign object in her throat. The patient was depressed and reluctant to talk. "Neurosis" was the diagnosis she received from a hospital. Sedatives were given, but to no avail. Pulse was tight and slippery. Tongue was fat, with white and greasy coating. Decoction of Flos Inulae and Haematitum with alterations was prescribed:

Flos Inulae  
Rhizoma Zingiberis Recens  
Haematitum  
Radix Glycyrrhizae Praeparata  
Rhizoma Pinelliae  
Cortex Magnoliae Officinalis  
Caulis Perillae

In the second treatment: After taking seven doses of the above decoction the syndrome subsided greatly. The same decoction adding Rhizoma Acori Graminei was prescribed.

Third treatment: After taking five doses the syndrome was gone. Decoction of Rhizoma Pinelliae and Cortex Magnoliae Officinalis composed of the following ingredients was prescribed as a consolidation:

Rhizoma Pinelliae  
Cortex Magnoliae Officinalis  
Poria  
Rhizoma Zingiberis Recens  
Folium Perillae

Case 7 (18 p. 197): Case Study Carried in *Zhejiang TCM Magazine*, 7, 1966

Doctor Chen successfully treated 50 cases of vertigo and vomiting using Decoction of Flos Inulae and Haematitum as follows:

Total 50 cases; main symptoms were Vertigo and vomiting. Among them there were:

- 6 cases of acute or chronic gastritis and gastric ulcer;
- 11 cases of neurosis;
- 1 case of hypertension;
- 1 case of Meniere's syndrome;
- 1 case of hysteria;
- 1 case of sequela of meningitis.

Result: Vertigo and vomiting in 34 cases subsided, 14 cases were greatly reduced, and two cases did not improve.

## Case 8 (18 p. 199): Hemoptysis

Mr. Wang, 22, had been suffering from hemoptysis repeatedly in recent days. Blood was bright red, and in considerable quantity. Other symptoms and signs in-

cluded: thirst, restlessness, constipation, thin and yellow tongue coating, slender and speedy pulse. Decoction of Flos Inulae and Haematitum with alterations was prescribed:

Flos Inulae	9 grams
Haematitum	15 grams
Radix Glycyrrhizae	3 grams
Radix Notoginseng	4.5 grams
Radix et Rhizoma Rhei	3 grams
Radix Rehmanniae	15 grams
Rhizoma Pinelliae	9 grams
Radix Ophiopogonis	12 grams
Radix Stemonae	15 grams
Radix Pseudostellariae	12 grams
Radix Scutellariae	9 grams
Radix Rubiae	9 grams

## CLAUSE 162

Decoction of Ramulus Cinnamomi should not be adopted when a purgative had just been given. Decoction of Herba Ephedrae, Semen Armeniacae Amarum, Radix Glycyrrhizae and Gypsum Fibrosum suits the syndrome with the following symptoms: perspiration and asthma without a high fever (1).

## NOTES

1. This clause is similar to Clause 63. But this clause describes symptoms after a purgative has been given, whereas Clause 63 describes symptoms after diaphoresis has been adopted.

Wu Qian: Clause 162 and Clause 63 describe the same therapy. But the etiology in the above two clauses are different. Both of the cases bear the same symptoms: perspiration and asthma without a high fever, which are indicative of pathological conditions resting on the Lung. So diagnosis is made according to the symptoms, but not to etiopathology.

*Acupuncture Points:* Shaoshang (LU 11), Chize (LU 5), Hegu (LI 4), Lieque (LU 7).

## CLAUSE 163

Initial Yang syndrome: Before the Exterior syndrome is dispersed, purgatives had been used a few times, which caused repeated diarrhea with intermingled Heat (1). When the Exterior and Interior syndromes still remain with symptoms of hardness and blocked sensation at the epigastrium, Decoction of Ramulus Cinnamomi and Radix Ginseng can be adopted as a curative (2).

## NOTES

1. "Diarrhea with intermingled Heat": See Clauses 139 and 140.
2. In a case of Initial Yang Channel, purgatives have been adopted before the Exterior syndrome is gone, resulting in a malpractice. While the Exterior syndrome still remains, the Interior Vital Energy becomes extremely deficient, causing diarrhea and fullness and blocked sensation in epigastrium, which can be considered as manifestation of Cold and deficient state of the Spleen and Stomach. "Diarrhea intermingled with Heat" is a diarrhea in Cold and deficient nature intermingled with the Exterior Heat. Therefore, treatment should be directed mainly to regulate the Interior Deficiency. Ramulus Cinnamomi is used to disperse the Exterior syndrome simultaneously. The decoction is composed of Decoction of *Lizhong* (Clause 386) and Ramulus Cinnamomi. Diarrhea intermingled with Heat as described in Clause 34 is a kind of diarrhea caused by Excess and Heat, which should be rightly treated by drugs of cold quality. The following table illustrates the difference:

TABLE 38. COMPARISON OF CLAUSE 163 AND CLAUSE 34

	Decoction of Ramulus Cinnamomi and Radix Ginseng (Clause 163)	Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis (Clause 34)
Symptoms	Diarrhea, fullness and blocked sensation in epigastrium; Pulse is floating, slow and weak; Thin and white tongue coating; No thirst.	Diarrhea, asthma, perspiration; Pulse is slippery and speedy; Yellow tongue coating; Thirst of water, parched mouth.
Pathology	Purgative has been practiced as malpractice to Initial Yang syndrome. Interior Vital Energy is badly hurt. Exterior syndrome still remains.	Purgative has been practiced as malpractice to Initial Yang syndrome. Exterior syndrome sinks into the Interior completely.
Ingredients in the decoction	Ramulus Cinnamomi, Radix Glycyrrhizae Praeparata, Rhizoma Atractylodis Macrocephalae, Radix Ginseng, Rhizoma Zingiberis	Radix Puerariae, Radix Glycyrrhizae, Radix Scutellariae, Rhizoma Coptidis

Decoction of Ramulus Cinnamomi and Radix Ginseng  
(*Guizhi Renshen Tang*):

Ramulus Cinnamomi  
Radix Glycyrrhizae Praeparata

4 liang  
4 liang

Rhizoma Atractylodis Macrocephalae	3 <i>liang</i>
Radix Ginseng	3 <i>liang</i>
Rhizoma Zingiberis	3 <i>liang</i>

Stew the above drugs in nine *sheng* of water till five *sheng* are left. Put Ramulus Cinnamomi into the decoction and stew it till three *sheng* are left. Filter the decoction. Take two doses in the day and one dose at night of one *sheng* each time.

*Explanation of the Prescription:* This decoction deals with continuous diarrhea caused by Interior Cold intermingled with Exterior Heat. Ramulus Cinnamomi dispels the Exterior syndrome. Rhizoma Atractylodis Macrocephalae and Rhizoma Zingiberis eliminate Water-fluid of a Cold nature and stops diarrhea. Radix Ginseng disperses the fullness and blocked sensation at the epigastrium. Radix Glycyrrhizae Praeparata eases the adversity. This is a decoction dealing with the Exterior and Interior syndromes simultaneously.

Cheng Zhi: Clause 34 reads: "Decoction of Ramulus Cinnamomi syndrome under the Initial Yang Channel: A dose of purgative will cause continuous diarrhea. Irregular-speedy pulse will be proof of the nonsubsidence of the Exterior syndrome. When asthma and perspiration are observed, Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis can be adopted as the remedy." That decoction is a curative for diarrhea caused by an invasion of the Exterior pathogenetic factor into the Interior of an excessive and Heat nature. Decoction of Ramulus Cinnamomi and Radix Ginseng is a curative dealing with diarrhea caused by an invasion of the Exterior pathogenetic factor into the Interior of a deficient and Cold nature. Both decoctions are curative treating the Exterior and Interior syndromes simultaneously.

Yu Chang: The mistaken adoption of a purgative causes an Interior Deficiency which will be a chance for the invasion of Exterior pathogenetic Heat. Then diarrhea with intermingled Heat occurs. Blocked sensation and hardness at the epigastrium are caused by the existence of pathogenetic Heat when the Interior is deficient. Decoction of Ramulus Cinnamomi and Radix Ginseng is a prescription containing Ramulus Cinnamomi and Decoction of *Lizhong*.

As there still remains the Exterior syndrome, Ramulus Cinnamomi is used. Decoction of *Lizhong* is a curative for Interior Deficiency. This decoction is a remedy efficacious for diarrhea with Vital-energy Stagnancy of deficient type.

*Acupuncture Points:* Zhongwan (RN 12), Pishu (BL 20), Neiguan (PC 6), Zhubin (KI 9).

## CASES

Case 1 (12 p. 91):

Female baby, 3, had a fever of 39°C after measles had just subsided. The patient had more than ten episodes of diarrhea each day, with yellow watery stool. Pulse was extremely speedy. The tongue was in normal condition. Diagnosis was made: Diarrhea caused by remaining pathogenetic Heat from measles. Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis adding Pericarpium Granati was



prescribed and served, but temperature rose to 39.5 °C, accompanied by repeated diarrhea. The stool was not smelly (as it was in a case of Heat nature). The doctor felt that since this was not diarrhea caused by Interior Heat, Decoction of Ramulus Cinnamomi and Radix Ginseng adding Pericarpium Granati should be used. After taking one dose of the decoction, diarrhea stopped and temperature dropped. Another dose was given to stabilize the condition.

Case 2 (25 p. 612):

Mr. Liu was suffering from diarrhea, which was previously treated with Decoction of Radix Angelicae Sinensis and Flos Lonicerae (prescription unknown) and a mixture of tea and some other drugs good for diarrhea. The syndrome subsided temporarily, but the stool was white. The patient had hardness and blocked sensation in epigastrium and was feverish. When the doctor consulted with *Shanghan Lun* and found out that the syndrome was similar to that described in Clause 163, he decided to use Decoction of Ramulus Cinnamomi and Radix Ginseng, which worked. Some time later when Mr. Liu was traveling, diarrhea occurred again. He had the same prescription made up, and took three doses, and the syndrome was gone.

Case 3 (25 p. 612):

Male patient, 36, had been suffering from stomachache for many years which was diagnosed as "duodenal ulcer." Recently, the stomachache occurred frequently. The pain was aggravated 2-3 hours after meals and at night. Tenderness and fullness sensation was also reported at right upper abdomen. Anorexia, regurgitation, lassitude and ample urination were the general symptoms. Pulse was slow and weak. Tongue was pale, covered with thin and white coating. Decoction of Ramulus Cinnamomi and Radix Ginseng was adopted to warm and tonify the Stomach:

Radix Codonopsis Pilosulae	15 grams
Rhizoma Atractylodis Macrocephalae	15 grams
Rhizoma Zingiberis	9 grams
Radix Glycyrrhizae Praeparata	9 grams
Ramulus Cinnamomi (stewed later)	12 grams

The decoction was taken daily, three doses were served. When the patient came to visit the doctor he looked much better. The same decoction adding Rhizoma Pinelliae nine grams was given. When the patient came for the third treatment, stomachache had stopped. A recurrence was reported after the patient stopped taking the decoction for a while. The same decoction with Ramulus Cinnamomi reduced to three grams was prescribed. After taking three doses, the syndrome was gone. No more recurrences were ever reported.

## CLAUSE 164

Febrile disease caused by Cold: After an acute purgative has been used, diaphoresis is adopted again. Consequently the patient gets chills

and has Vital-energy Stagnancy at the epigastrium. This indicates that the Exterior syndrome is not gone. Before the Exterior syndrome is done away with, Vital-energy Stagnancy should not be treated. To dispel the Exterior syndrome, Decoction of Ramulus Cinnamomi is the cure. Then Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin* (Clause 154) can be used as a remedy for dispersing the Vital-energy Stagnancy (1).

## NOTES

1. The principle in treating febrile disease caused by Cold is to dispel the Exterior syndrome first in a case when the Interior is in an excessive condition. In this case, the doctor has adopted purgative first, which has brought forth a Vital-energy Stagnancy. After purgative is adopted, diaphoretic is used again. But the patient still felt a chill, indicating that the Exterior syndrome still exists. In accordance with the principle of treatment set forth in this book, Decoction of Ramulus Cinnamomi should be given first to disperse the Exterior syndrome. Then Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin* should be given to disperse the Vital-energy Stagnancy. Any other treatment contrary to this will constitute a mistreatment. The principle of treatment referring to symptom complex with both the Exterior and Interior syndromes was as follows:

*Without Interior Deficiency:* Treat the Exterior syndrome first (Clause 164);

*With severe Interior Deficiency:* Treat the Interior syndrome and warm the Interior Cold first (Clause 91, treat the Interior with Decoction of *Sini*, then disperse the Exterior syndrome with Decoction of Ramulus Cinnamomi);

*With mild Interior Deficiency:* Treat the Interior and Exterior simultaneously (Clause 163, treat the syndrome with Decoction of Ramulus Cinnamomi and Radix Ginseng).

## CLAUSE 165

Febrile disease caused by Cold with fever: The Exterior syndrome is not gone after perspiration. Decoction of Greater Radix Bupleuri suits the syndrome with the following symptoms and signs: Vital-energy Stagnancy and a hardened mass in chest (at the epigastrium), nausea, vomiting, and diarrhea (1).

## NOTES

1. Wu Qian's remark: There should be no "diarrhea." When the patient is having nausea, vomit and diarrhea, how can Decoction of Greater Radix Bupleuri, a purgative, be adopted? It is a copying mistake.

Explanation of the Clause: Febrile disease caused by Cold with fever but without chill indicates that the Exterior pathogenetic factor has transmitted into the Interior and turns into pathogenetic Heat. It is different from the initial stage of febrile disease with-

out chill caused by Wind and Heat of the Initial Yang Channel. Vital-energy Stagnancy with vomiting and diarrhea is the manifestation of a Heat in the Stomach and Intestine. So Decoction of Greater Radix Bupleuri is used to eliminate the Interior Heat.

Wu Qian: Decoction of Ramulus Cinnamomi and Radix Ginseng (Clause 163) suits a case of diarrhea without nausea and vomiting. Decoction of Greater Radix Bupleuri suits a case of nausea and vomiting without diarrhea. The pulse for the former is feeble and weak, while that of the latter must be mighty.

*Acupuncture Points:* Hegu (LI 4), Yanglingquan (GB 34), Xuanji (RN 21), Zusanli (ST 36).

### CLAUSE 166

The syndrome resembles that of Decoction of Ramulus Cinnamomi. But the following symptoms and signs will indicate the existence of pathogenetic Cold (1) in the chest: The pulse under the forefinger is slightly floating, no headache or stiff neck, a Vital-energy Stagnancy and hardness in the chest, and air ascending to the throat that hampers normal breath. An emetic, Pedicellus Melo Powder, should be adopted(2).

#### NOTES

1. Pathogenetic Cold here indicates sputum of a Cold nature. So it is a stagnancy of sputum in the chest.

2. Cheng Yingmao: When a Vital-energy Stagnancy and hardness in the chest are caused by the adoption of an emetic or purgative, it is of a deficient nature; when it is not caused by the adoption of an emetic or purgative, it is of an excessive nature. While excessive pathogenetic sputum and Water-fluid fill up the chest, it blocks up the way out for pathogenetic factors from the Middle and Lower Portions of the Body Cavity. Thus the cure is to let out the pathogenetic factors from the Upper Portion of the Body Cavity. A dose of emetic is the cure.

Pedicellus Melo Powder  
(*Guadi San*):

Pedicellus Melo (stew till it turns yellowish)	1 <i>fen</i>
Semen Phaseoli	1 <i>fen</i>

Pound the above drugs into powder separately and then mix them up. Stew one *qianbi* mixed powder and one *ge* Semen Sojae Praeparatum in seven *ge* of hot water till the decoction looks like porridge. Filter the decoction and take it when lukewarm as one dose. If not efficacious, increase the dose till vomiting occurs. Hemorrhage sufferers and persons of weak build should not take the medicine.\*

\*Wu Qian: "Hemorrhage sufferers and persons of weak build should not take the medicine": These people suffer a Deficiency of the Vital Energy and Body Fluid. So they

cannot stand an emetic which will further exhaust their Vital Energy and Body Fluid.

*Explanation of the Prescription:* Pedicellus Melo, bitter in taste, is used as an emetic for dispersing sputum. Semen Sojae Praeparatum disperses the Cold. Semen Phaseoli drains the Humidity. After the patient vomits, the adverse ascending air will vanish.

*Acupuncture Points:* Zhiyang (DU 9), Tiantu (RN 22), Shanzhong (RN 17), Fenglong (ST 40).

## CASES

Case 1 (11 p. 801): A Case from *Mingyi Lei'an*

Female baby, 3, had been suffering from asthma due to overeating of salted shrimps, and was reluctant to take any food. As the family was poor no doctors had been sent for. A Taoist monk passed by the panting baby at her doorway and explained to her parents that the disease could be cured by serving muskmelon pedicel (Pedicellus Melo). Seven pieces of Pedicellus Melo were found and ground into powder. The powder was put into a small cup of water and the child sipped a bit of the decoction. After the small cup of decoction was completed, the patient vomited out plenty of sputum and saliva, which was as sticky as glue. Another two servings were adopted and the baby returned to normal.

Case 2 (22 p. 312):

Female patient, who had enjoyed good health for a long time, suddenly felt ascending air in the chest and sputum stuffed in throat, making her unable to speak. This was caused by invasion of Fluid retention in chest. Pedicellus Melo Powder was served. After vomiting the syndrome was gone.

Case 3 (22 p. 312): A Case of Death

Female patient, 32, had been enjoying good health before developing neurosis three years ago. Recently she had felt extremely restless and depressed. She got a special recipe: 50 grams of dried Pedicellus Melo stewed. Ten minutes after taking the decoction of Pedicellus Melo, the patient began to vomit sticky saliva, indigested food, saliva of green color and then bloody saliva. From seven o'clock in the morning when she took the decoction to one o'clock in the afternoon when she was sent to hospital, the volume of vomitus was about 1,000 ml. After repeated attempts in hospital the syndrome was no better. The patient died on the third day.

Case 4 (18 p. 227):

A woman patient tried to kill herself with a knife or wanted to jump into a well when she became maniac. At night she was restless and moved about unable to sleep. After the attack, she came to herself and became very gentle and did very good sewing work. A doctor prescribed one *qian* two *fen* of Pedicellus Melo Powder, which induced vomiting and brought about a recovery. The treatment was followed by adoption of Decoction of *Baihu* adding Radix Ginseng (Clause 26).

Case 5 (18 p. 227):

A man was suffering from indigestion with full and suffocating sensation in chest

and epigastrium. The patient was reluctant to take any food and preferred to sit or lie in a dark room. After repeated treatments that had lasted almost half a year, it was no better. The doctor diagnosed his pulse and found it was deep and speedy. *Pedicellus Melo Powder* was prescribed. After vomiting about two *sheng* of undigested food and other things the syndrome was gone.

#### Case 6 (25 p. 492): Breast Phyma

Male patient, 48, a thin and quiet man, with pallid complexion and indifferent manner, had a phyma on his left breast, which was not red or itchy. No other symptoms were found. When palpated, the phyma was as hard as stone and was slightly movable. Lymph nodes under armpit and inguina were a little swollen. Moxibustion on locus for 50 times did not seem to work. Then baked *Pedicellus Melo* (two pieces each dose) was taken orally. After two weeks of such treatment the phyma disappeared. No recurrence was reported within five years. (*TCM Magazine*, 12:818, 1958, Li Shuangcheng: Treat primary mastocarcinoma two cases by adoption of *Pedicellus Melo*)

### CLAUSE 167

The patient used to have a Vital-energy Stagnancy below the costal margin. It extends to the part near the navel and there is a referred pain in abdomen. When the referred pain invades the genitals, the syndrome is termed Viscera Stagnancy (*Zang Jie*) and may result in death (1).

#### NOTES

1. When the patient used to have a Vital-energy Stagnancy below the costal margin, it indicates a pathogenetic factor of a Yin nature hidden at the Interior. When it is extremely excessive (referred pain invades the genitals), the Yang Vital Energy is completely exhausted. Thus it may result in death.

### CLAUSE 168

Febrile disease caused by Cold: After the adoption of an emetic or purgative, the syndrome is still not gone on the 7th or the 8th day. When Heat is congealed at the Interior, there will be Heat syndrome at both the Interior and Exterior. The patient fears wind from time to time, has a great thirst for water, and would like to drink large quantity of water. He also has a parched tongue and feels restless. Decoction of *Baihu* adding *Radix Ginseng* will be a curative (1).

#### NOTES

1. After an emetic or purgative has been adopted, the Body Fluid has been badly exhausted. When pathogenetic Heat transmits into the Interior, the internal Heat is forced

bly augmented. Decoction of *Baihu* adding Radix Ginseng (prescription and case studies see Clause 26) is adopted to eliminate Heat and produce Body Fluid.

*Acupuncture Points:* Hegu (LI 4), Taichong (LR 3), Chongyang (ST 42), Weishu (BL 21).

### CLAUSE 169

Febrile disease caused by Cold: Decoction of *Baihu* adding Radix Ginseng suits the syndrome with the following symptoms and signs: restlessness, parched throat and thirst for water (1), and a lack of a high fever (2) with a slight chill at the back (3).

### NOTES

1. Restlessness, parched throat, and thirst for water indicate that the pathogenetic Heat has transmitted into the Channel of Greater Yang.

2. A lack of a high fever indicates that the Exterior Heat is leaving the Exterior and transmitting into the Interior.

3. A slight chill at the back is caused by perspiration. Perspiration will make the Vital Resistance deficient, so the patient feels chill.

### CLAUSE 170

Febrile disease caused by Cold, with a floating pulse and fever but no perspiration: Decoction of *Baihu* cannot be given when the Exterior syndrome is not gone. But if the Exterior syndrome is gone and the patient has a thirst for water, Decoction of *Baihu* adding Radix Ginseng can be adopted.

*Remark:* Clauses 168-170 discuss Decoction of *Baihu* adding Radix Ginseng syndrome. This syndrome is caused by severe Interior Heat which has exhausted both the Vital Energy and Body Fluid. There should be a grand-huge-void pulse for this syndrome. Decoction of *Baihu* adding Radix Ginseng is used to eliminate the Heat, tonify the Vital Energy and produce the Body Fluid. The following is a summary:

*Cause:* Febrile disease caused by Cold, after an emetic or purgative has been adopted, syndrome still remains on the 7th or 8th day. Body Fluid is exhausted, Dryness arises subsequently.

*Pathology:* Pathogenetic Heat congeals at the Interior. Both Body Fluid and Vital Energy are badly consumed.

*Types of syndrome:* 1) Heat prevails at both the Interior and Exterior, aversion to wind, great thirst, parched tongue, restlessness, great thirst. 2) No Exterior Heat (only a slight fever), feeling of chill on the back, parched mouth, thirst, restlessness.

*Key in using the decoction:* It can only be used to cases with excessive Heat that has exhausted the Body Fluid after the Exterior syndrome has been dispersed.

*Taboo:* Prohibited to cases with Exterior syndrome and without perspiration (same as Decoction of *Baihu*).

### CLAUSE 171

Overlapping of the syndromes of the Initial Yang and the Lesser Yang (1): When hardness at the epigastrium, stiffness at neck, and dizziness are present; acupuncture therapy can be adopted. Puncture Dazhui (DU 14), Feishu (BL 13) and Ganshu (BL 18). Be careful not to use purgative (2).

#### NOTES

1. With hardness at the epigastrium and dizziness, it can be diagnosed that it is the Lesser Yang syndrome. Puncture Dazhui (DU 14) and Feishu (BL 13) to let out the pathogenetic factors of the Lesser Yang Channel. Stiffness in the neck is an Initial Yang syndrome. Puncture at Ganshu (BL 18) will let out the pathogenetic factors.

2. Cheng Wuji: When a purgative is given to disperse the pathological condition at the Lesser Yang Channel, that of Initial Yang will intrude into the Interior and form a Blocked-up Chest when there is an Interior Deficiency.

Cheng Zhi: In Clause 142, the text warns that no diaphoretic should be adopted. If it is adopted, delirium will occur. In this clause, it predicts that a Blocked-up Chest will appear when a purgative is given.

### CLAUSE 172

Combination of the syndromes of the Initial Yang and Lesser Yang: When there is diarrhea, Decoction of Radix Scutellariae can dispel the symptom complex of the two Channels. If there is nausea and vomiting, Decoction of Radix Scutellariae adding Rhizoma Pinelliae and Rhizoma Zingiberis Recens can be adopted (1) (2).

#### NOTES

1. Under this clause, there should also be symptoms and signs of fever, bitterness in mouth, fullness in the chest, and tight pulse. When pathogenetic Heat is mainly resting at the Lesser Yang Channel, it may either ascend to cause nausea and vomiting, or descend to cause diarrhea.

2. Combination of syndromes of the Initial Yang and Greater Yang, of the Initial Yang and Lesser Yang and of the Greater Yang and Lesser Yang may all cause diarrhea. But they are different. Table 39 will illustrate the three combinations of syndromes as follows:

TABLE 39. COMPARISON OF THREE TYPES OF DIARRHEA

	Combination of syndromes of		
	Initial Yang and Greater Yang	Initial Yang and Lesser Yang	Greater Yang and Lesser Yang
Symptoms	Diarrhea Fever, chill, headache, no perspiration, floating pulse	Diarrhea Fever, mouth bitterness, abdominal pain, fullness and blocked sensation in chest, tight pulse	Diarrhea Tidal fever, abdominal pain and distention, speedy and slippery pulse
Pathology	Exterior syndrome invades the Large Intestine	Pathogenetic Heat of Lesser Yang transmits into Large Intestine	Indigestion causes diarrhea intermingled with Heat
Principle of Treatment	Exterior syndrome at the Initial Yang should be treated as priority.	Syndrome resting at halfInterior and halfExterior of the Lesser Yang should be treated as priority.	Interior Excess at the Greater Yang should be treated as priority.
Treatment	Decoction of Radix Puerariae — disperse the pathogenetic factors at the muscle bringing a perspiration	Decoction of Radix Scutellariae — eliminate Interior Heat, astringe Yin	Decoction of Greater <i>Chengqi</i> — disperse pathogenetic factors and attack the Excess

## Decoction of Radix Scutellariae

(Huangqin Tang):

Radix Scutellariae	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Radix Paeoniae	2 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.

Stew the above drugs in one *dou* of water till three *sheng* are left. Filter the decoction and take one *sheng* lukewarm decoction. Two doses in the day and one dose at night.

*Explanation of the Prescription:* This decoction suits the combination syndromes of the Initial Yang and the Lesser Yang with pathogenetic Heat mainly resting at the half Interior of the Lesser Yang Channel. Radix Scutellariae eliminates the Heat. Radix



*Paeoniae* astringes the Yin Vital Essence. *Radix Glycyrrhizae Praeparata* harmonizes the Interior.

*Acupuncture Points:* Tianshu (ST 25), Yanglingquan (GB 34), Zhiyang (DU 9), Weizhong (BL 40).

## CASES

Case 1 (12 p. 92):

Female baby, 18 months, had been suffering from diarrhea and vomiting for four days before she was retained in the hospital. Watery stools of yellow color occurred five to six times a day, but there was no mucus or bloody pus. Vomiting happened some ten times a day, with bluish and greenish fluid. That morning the baby vomited a round worm (10 cm). There had been a fever for four days and slight coughing had just started. Urination was scant. There was no convulsion. Pulse was thin and yellow. This was a case of combination of Initial Yang and Lesser Yang. Decoction of *Radix Scutellariae* was given:

<i>Radix Scutellariae</i>	4.5 grams
<i>Radix Paeoniae Alba</i>	4.5 grams
<i>Fructus Ziziphi Jujubae</i>	2 pcs.
<i>Radix Glycyrrhizae</i>	3 grams
<i>Rhizoma Pinelliae</i>	4.5 grams
<i>Rhizoma Zingiberis Recens</i>	3 grams
<i>Rhizoma Coptidis</i>	1.2 grams

After taking the decoction vomiting was reduced to only three times a day, but diarrhea still occurred five times. In the second treatment, Decoction of Lesser *Radix Bupleuri*\* adding *Rhizoma Coptidis* and *Poria* was prescribed. On the third day the syndrome subsided. In the third treatment, the same decoction adding *Semen Dolichoris Album* and *Semen Coicis* subtracting *Rhizoma Coptidis* was given. The baby left the hospital on the 4th day.

\*See Clause 96.

Case 2 (22 p. 82): Amebic Dysentery

Female patient, 22, had been suffering from dysentery with abdominal pain and tenesmus for two days. She was two months pregnant and had had vertigo and vomiting previously. Pulse was slightly deep and weak. Tongue was covered with white coating and there was tenderness in abdomen. Amebic dysentery was diagnosed. Decoction of *Radix Scutellariae* was prescribed:

<i>Radix Scutellariae</i>	3 grams
<i>Radix Paeoniae Alba</i>	9 grams
<i>Radix Glycyrrhizae</i>	4.5 grams
Pill of <i>Xianglian</i> *	3 grams

\*Pill of *Xianglian* (*Xianglian Wan*), containing Rhizoma Coptidis, Radix Aucklandiae and Fructus Evodiae.

After taking three doses of the above decoction the syndrome subsided greatly. Another dose was given and the syndrome was completely gone, but the patient was weak. In the third treatment the same decoction, subtracting Pill of *Xianglian*, adding nine grams of Radix Codonopsis Pilosulae and six grams of Radix Angelicae Sinensis was prescribed. The patient left the hospital after nine days when tests showed that there were no amebic parasites.

#### Case 3 (22 p. 83):

Male patient, 26, was suffering from dysentery in summer with bloody pus, abdominal pain and contractures and tenesmus. There was also a fever. Pulse was tight and speedy. Tongue was covered with yellow coating. Decoction of Radix Scutellariae was prescribed:

Radix Paeoniae Alba	9 grams
Radix Glycyrrhizae	3 grams
Radix Scutellariae	9 grams
Radix Aucklandiae (stewed later)	6 grams

Three doses of the above decoction cured the trouble.

#### Case 4 (18 p. 322): Cases carried in *Jilin Medicine and Hygiene*, 2, 1975

Powder of Radix Scutellariae and Radix Paeoniae Alba was used to cure infantile dysentery:

Total 40 cases, one to three years old baby patients. Among them, 12 cases had fever and nearly all of them had dehydration due to excessive diarrhea. According to TCM, the 40 cases could be divided into two groups:

Group 1: 12 cases caused by Humidity-Heat, which were treated with Powder of Radix Scutellariae (30 grams) and Radix Paeoniae Alba (30 grams) mixed, three grams for one dose.

Group 2: 28 cases belonged to the category of Deficiency, which were treated by adoption of the following drugs:

Radix Paeoniae Alba	6 grams
Poria	6 grams
Fructus Chebulae	6 grams
Rhizoma Atractylodis Macrocephalae	6 grams
Semen Nelumbinis	6 grams
Semen Euryales	6 grams
Radix Ophiopogonis	6 grams
Herba Dendrobii	6 grams
Medicated Leaven	6 grams

Curative rate: 30 cases were cured (75%); five cases were improved (12.5%).

Case 5 (22 p. 83):

Male patient, 30, first treatment on April 11, 1953. The patient first had aversion to cold and then a fever, with pink eyes and purple tongue and restlessness. Dysentery was mixed with bloody pus. Abdominal pain and a feeling of loosing control of bowels were present but he could not pass a stool. Pulse was grand and excessive. Decoction of *Radix Scutellariae* was given to disperse the Heat and work as a detoxicant:

<i>Radix Scutellariae</i>	12 grams
<i>Radix Paeoniae Alba</i>	12 grams
<i>Radix Glycyrrhizae</i>	3 grams
<i>Fructus Ziziphi Jujubae</i>	3 pcs.

After taking two doses of the decoction the syndrome subsided greatly. Further treatment cured the ailment.

Decoction of *Radix Scutellariae* Adding *Rhizoma Pinelliae* and *Rhizoma Zingiberis Recens*

(*Huangqin Jia Banxia Shengjiang Tang*):

<i>Radix Scutellariae</i>	3 <i>liang</i>
<i>Radix Paeoniae</i>	2 <i>liang</i>
<i>Radix Glycyrrhizae Praeparata</i>	2 <i>liang</i>
<i>Fructus Ziziphi Jujubae</i>	12 pcs.
<i>Rhizoma Pinelliae</i>	0.5 <i>sheng</i>
<i>Rhizoma Zingiberis Recens</i>	1.5 <i>liang</i> *

\*Or three *liang*, according to another edition.

Stew the above drugs in one *dou* of water till three *sheng* are left. Filter the decoction and take a one *sheng* lukewarm decoction each time, twice in the day, once at night.

*Explanation of the Prescription:* This decoction is made up of Decoction of *Radix Scutellariae* adding *Rhizoma Pinelliae* and *Rhizoma Zingiberis Recens*. It not only has the function of Decoction of *Radix Scutellariae*, but also can bring down the adversity and stop nausea and vomiting.

## CLAUSE 173

Febrile disease caused by Cold: Decoction of *Rhizoma Coptidis* suits the syndrome with the following symptoms and signs: Heat in the chest and a pathogenetic factor (1) in the Stomach, which causes nausea and pain in the abdomen (2).

## NOTES

1. Pathogenetic factor: A general term referring to factors that may cause different diseases. The term mentioned here indicates "Cold." The Stomach here includes the Intestine.

2. Cheng Zhi: When the pathological condition of a Yin nature prevails in the abdomen, the Yang Vital Energy cannot come down to harmonize with Yin, causing abdominal pain. When the pathological condition of a Yang nature prevails at the Upper Portion of the Body Cavity, Yin cannot ascend to harmonize it, causing nausea and vomiting.

Decoction of Rhizoma Zingiberis Recens *Xiexin* syndrome (Clause 157), Decoction of Radix Glycyrrhizae *Xiexin* syndrome (Clause 158) and this clause all deal with intermingling Heat and Cold pathological condition. But the former two clauses deal with Vital-energy Stagnancy syndrome, a condition with congelation of Heat and Cold in the chest. But pathological condition in this clause is the co-existence of Cold and Heat, which is Heat at the upper portion and Cold at the lower portion.

TABLE 40. COMPARISON OF DECOCTION OF RHIZOMA PINELLIAE *XIEXIN* AND DECOCTION OF RHIZOMA COPTIDIS

Decoction of	Rhizoma Pinelliae <i>Xiexin</i> (Clause 149)	Rhizoma Coptidis (Clause 173)
Symptoms	Full and blocked, nausea and Vital-energy Stagnancy	Abdominal pain, vomit
Pathology	Intermingled Heat and Cold	Upper Heat, lower Cold
Dosage of drugs used	Rhizoma Pinelliae 0.5 <i>sheng</i> Rhizoma Zingiberis 3 <i>liang</i> Radix Glycyrrhizae 3 <i>liang</i> Fructus Ziziphi J. 12 pcs. Radix Ginseng 3 <i>liang</i> Rhizoma Coptidis 1 <i>liang</i> Radix Scutellariae 3 <i>liang</i> Ramulus Cinnamomi —	0.5 <i>sheng</i> 3 <i>liang</i> 3 <i>liang</i> 12 pcs. 2 <i>liang</i> 3 <i>liang</i> — 3 <i>liang</i>
Way of preparation	Filter the decoction and stew it again	Stew the decoction only once
Dosage	Three times a day, 1 <i>sheng</i> each dose	Three times during the day and two times at night. Dosage not mentioned.

Decoction of Rhizoma Coptidis  
(*Huanglian Tang*):

Rhizoma Coptidis	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	3 <i>liang</i>

Rhizoma Zingiberis	3 <i>liang</i>
Ramulus Cinnamomi	3 <i>liang</i>
Radix Ginseng	2 <i>liang</i>
Rhizoma Pinelliae	0.5 <i>sheng</i>
Fructus Ziziphi Jujubae	12 pcs.

Stew the above drugs in one *dou* of water till six *sheng* are left. Filter the decoction and take three doses during the day and two doses at night.

*Explanation of the Prescription:* Rhizoma Coptidis is used as the main drug in eliminating Heat in the chest. Rhizoma Zingiberis, a subsidiary in the decoction, is used to warm the Cold in the Stomach. Rhizoma Pinelliae, which brings down the feeling of adversity, helps Rhizoma Coptidis to stop nausea and vomiting. Radix Ginseng harmonizes the Interior function. This decoction is therefore hot and cold in its quality of drugs and both reducing and tonifying in its function.

*Acupuncture Points:* Zhiyang (DU 9), Geshu (BL 17), Taibai (SP 3), Chongyang (ST 42).

## CASES

### Case 1 (17 p. 251):

Male patient, 45, suffered from a sudden epigastric pain on the night of August 29, 1965 and vomited profusely. At first the vomitus was indigested food, then it became sputum and saliva, followed by greenish fluid. Even when the patient was drinking water he felt nauseous. Tenderness was diagnosed in the upper abdomen. Pulse was tight and speedy. Tongue was red on the edge, covered with thin and yellow coating. This was a case of invasion of pathogenetic Heat in chest and Cold in Stomach, which should be harmonized by adoption of Decoction of Rhizoma Coptidis:

Rhizoma Coptidis	3 grams
Rhizoma Zingiberis	2.4 grams
Rhizoma Pinelliae	9 grams
Radix Codonopsis Pilosulae	9 grams
Ramulus Cinnamomi	3 grams
Radix Glycyrrhizae	2.4 grams
Fructus Ziziphi Jujubae	3 pcs.

The decoction was served little by little, for fear that it might be vomited out if it was taken hastily. Second treatment, two days after taking the decoction, nausea and vomiting stopped, but there was still a slight epigastric pain. Decoction of the same recipe was given for consolidation. No recurrence was reported within five months.

### Case 2 (17 p. 251):

Female patient in her twenties. One month after giving birth the patient began to

feel intermittent chills and fever with nausea, lower abdominal pain and slight coughing. Pulse was tight on the left Bar and deficient-grand on the right Inch, deep and hesitant on both Cubit. Doctor Li Xiyuan examined her and made the diagnosis: Invasion of pathogenetic Wind on the Lesser Yang Channel. Some eight days later Doctor Li was sent for again, as the patient's relative said she was getting worse. When Doctor Li arrived, he found the patient was lying in bed, with pallid complexion. In the whole of the abdomen, she complained of fullness and pain. The patient had failed to take any food for five days, accompanied by nausea and restlessness. Pulse was grand and excessive on Inch and Bar but deep and speedy on the Cubit. The doctor learned that the patient had been given Decoction of *Bazhen* (consisting of Radix Paeoniae, Radix Rehmanniae, Radix Angelicae Sinensis, Rhizoma Ligustici Chuanxiong, Radix Ginseng, Poria, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae). After taking the decoction she had worse abdominal pain, but this was to show that the medicine was fighting against the pathogenetic factors and more doses should be taken. So another five doses were served, resulting in profuse diarrhea. The doctor diagnosed that there was a Deficiency in Spleen Yang and Decoction of *Lizhong* (consisting of Radix Ginseng, Rhizoma Zingiberis, Radix Glycyrrhizae Praeparata and Rhizoma Atractylodis Macrocephalae) was prescribed. After taking two doses of Decoction of *Lizhong*, the patient was unable to leave her bed with fullness and pain in the abdomen and diarrhea. Doctor Li reflected that tonics were given before the Exterior syndrome was driven, and this would result in the accumulation of Heat in the Greater Yang Channel, hampering the ascending of lucid Yang and descending of turbid Yin. Treatment was to disperse the Exterior syndrome, eliminate the Heat and harmonize the Interior Vital Energy. Decoction of Rhizoma Coptidis with alterations was the right cure:

Rhizoma Coptidis	9 grams
Rhizoma Zingiberis	9 grams
Rhizoma Pinelliae	9 grams
Radix Ginseng	6 grams
Ramulus Cinnamomi	9 grams
Fructus Ziziphi Jujubae	5 pcs.

Two doses of the above decoction cured the ailment.

### Case 3 (12 p. 93):

Male patient, 25, had been suffering from prolonged diarrhea, followed by nausea and vomiting. The doctor considered this a deficient case and prescribed Radix Ginseng, Rhizoma Atractylodis Macrocephalae and Rhizoma Pinelliae which did not work. Decoction consisting of Caulis Bambusae in Taeniam, Radix Ophiopogonis and Rhizoma Phragmitis then was given. After repeated treatment of different quality drugs, the syndrome still remained. Symptoms and signs were: slight fever, vomiting of saliva, water regurgitation, feeling of ascending air, full and suffocated feeling in chest, anorexia, red and dry tip of tongue covered with greasy coating, without thirst of water. Pulse was deep and slow when pressed deeply, and floating and speedy when pressed lightly. This was a case of upper Heat and Deficiency in the middle. Decoction of Rhizoma Coptidis was prescribed. Two doses worked off the disease.

## Case 4 (25 p. 686):

Female patient, 46, had a history of duodenal ulcer. After the disease was healed by TCM, it had not recurred for three years until she became mentally depressed. The patient was feeling epigastric fullness and blockage, had nausea and vomiting, anorexia, chills and general aching. Stool and urination were normal. Pulse was tight and tense. Tongue was covered with white and slightly greasy coating. This was a case with intermingled Heat and Cold complicated with Exterior syndrome. Decoction of Rhizoma Coptidis was given in the following way:

Rhizoma Coptidis	12 grams
Radix Scutellariae	10 grams
Radix Glycyrrhizae	9 grams
Rhizoma Pinelliae	10 grams
Radix Codonopsis Pilosulae	15 grams
Rhizoma Zingiberis	10 grams
Ramulus Cinnamomi	9 grams
Radix Bupleuri	12 grams
Radix Paeoniae Rubra	15 grams
Rhizoma Zingiberis Recens	9 grams
Fructus Ziziphi Jujubae	3 pcs.
Radix Linderae	15 grams

After taking three doses, the syndrome subsided significantly, and was completely gone after 12 doses were taken.

## Case 5 (12 p. 94):

Male patient, 48, had been suffering from epigastric pain with referred pain to the right rib, and full and blocked sensation. After food was taken there was abdominal distention. Loose stool was reported. The patient could not eat oily food. Nausea and vomiting occurred when weather changed. Hospital examination made the diagnosis of chronic biliary cystitis. Pulse was tight and moderate. Tongue proper was pink red, covered with white and yellow coating. Decoction of Rhizoma Coptidis with additions was given:

Rhizoma Coptidis	6 grams
Rhizoma Zingiberis	6 grams
Rhizoma Pinelliae	6 grams
Radix Codonopsis Pilosulae	12 grams
Radix Glycyrrhizae Praeparata	6 grams
Ramulus Cinnamomi	6 grams
Fructus Ziziphi Jujubae	3 pcs.
Fructus Trichosanthis	15 grams
Radix Curcumae	9 grams

Three doses of the above decoction reduced the syndrome significantly. The syndrome was completely gone after some 20 doses were taken.

### CLAUSE 174\*

Febrile disease caused by Cold, eight to nine days: When Wind and Humidity factors conflict with each other (1), the patient will suffer from acute body pain, making it difficult even to move around. If the patient is not nauseous, is not thirsty, and has a floating-deficient (2) and hesitant pulse, then Decoction of Ramulus Cinnamomi and Radix Aconiti Praeparata will be the cure.

When there is constipation with normal urination, Decoction of subtracting Ramulus Cinnamomi adding Rhizoma Atractylodis Macrocephalae can be adopted.

\*Clauses 174 and 175 are not included in the chapters of *Treatise on Febrile Diseases Caused by Cold*, Revised in the *Golden Mirror of Medicine* compiled by Wu Qian. These two clauses are found in the chapters of *Synopsis of Prescriptions of the Golden Chamber*, Chapter 18, pp. 473-474.

### NOTES

1. Wind and Humidity are both pathogenetic factors. When they intrude between the muscle and tendons or bones, the Body Resistance conflicts with them. This will arouse a series of symptoms as described in the clause.

2. Deficient pulse: Pulse slow, huge and soft, weak and empty under finger.

Cheng Lin: Wind causes acute body pain, and Humidity makes it difficult for the patient to move around. As Wind and Humidity are in conflict between *Ying* (Nutrient Essence, inside the blood vessels) and *Wei* (Vital Resistance, *Ying* and *Wei* belonging to the Exterior of the body), and have nothing to do with the Interior, there is no nausea or thirst. A floating pulse indicates Wind while a hesitant pulse indicates Humidity. Since the pulse is nearly a pulse of the deficient type, Decoction of Ramulus Cinnamomi and Radix Aconiti Praeparata is adopted to warm the Channels and Collaterals and to disperse Wind-Humidity. When there is constipation with normal urination, Ramulus Cinnamomi is not applicable as it may cause perspiration (which will further exhaust the Body Fluid and thus makes constipation harder). Rhizoma Atractylodis Macrocephalae can eliminate Humidity from the muscle, so it is added.

Decoction of Ramulus Cinnamomi and Radix Aconiti Praeparata  
(*Guizhi Fuzi Tang*):

Ramulus Cinnamomi	4 <i>liang</i>
Radix Aconiti Praeparata	3 pcs.
Rhizoma Zingiberis Recens	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.

Stew the above drugs in six *sheng* of water till two *sheng* are left. Filter the decoction and take it in three doses.



Decoction subtracting *Ramulus Cinnamomi* adding *Rhizoma Atractylodis Macrocephalae* (*Qu Gui Jia Baizhu Tang*):

<i>Radix Aconiti Praeparata</i>	3 pcs.
<i>Rhizoma Atractylodis Macrocephalae</i>	4 <i>liang</i>
<i>Rhizoma Zingiberis Recens</i>	3 <i>liang</i>
<i>Radix Glycyrrhizae Praeparata</i>	2 <i>liang</i>
<i>Fructus Ziziphi Jujubae</i>	12 pcs.

Stew the above drugs in six *sheng* of water till two *sheng* are left. Filter the decoction and take it in three doses. After the first dose, the patient will have a sensation of numbness. After half a day, take the second dose. When the three doses are finished, the patient will become dizzy. This is a normal reaction. The reason is that when *Radix Aconiti Praeparata* and *Rhizoma Atractylodis Macrocephalae* are moving under the skin to disperse the Water-Humidity, the above reaction will happen before the pathogenetic factors are dispersed. *Ramulus Cinnamomi* should be deleted. When there is no constipation and there is dysuria, *Ramulus Cinnamomi* should be added. Thus this decoction can serve two syndromes by adding or deleting *Ramulus Cinnamomi*. Three pieces of *Radix Aconiti Praeparata* are considered too much. Patient with a weak build and women before and after childbirth should take much less dosage of this herb.

*Explanation of the Prescription:* The above two decoctions are both cures of the syndrome caused by Wind and Humidity. The first decoction is Decoction of *Ramulus Cinnamomi* subtracting *Radix Paconiae* adding *Radix Aconiti Praeparata*, aiming at dispersing the Wind and Humidity. *Ramulus Cinnamomi* and *Radix Glycyrrhizae Praeparata*, pungent and sweet, disperse the Wind from the Exterior. *Radix Aconiti Praeparata*, pungent and hot, disperses the Humidity in the Channels and Collaterals and eases the pain. *Rhizoma Zingiberis Recens* and *Fructus Ziziphi Jujubae*, pungent and sweet, serve a subsidiary function in dispersing and easing the syndrome.

*Acupuncture Points:* Shangqiu (SP 5), Zusanli (ST 36), Quchi (LI 11), Yanglingquan (GB 34).

## CASES

Case 1 (17 p. 240):

Male patient, 52, first treatment on February 5, 1980. Since October 1 last year, the patient had paroxysmal pain and contractures over left testis and surrounding area. When he felt cold there was always an attack. Pulse was tight and tense. Tongue coating was thin and white. This was a case caused by Cold, which should be treated by adoption of Decoction of *Ramulus Cinnamomi* and *Radix Aconiti*:

<i>Ramulus Cinnamomi</i>	10 grams
<i>Radix Glycyrrhizae</i>	6 grams
<i>Radix Paconiae Alba</i>	30 grams
<i>Rhizoma Zingiberis Recens</i>	10 grams

Fructus Ziziphi Praeparata	4 pcs.
Radix Aconiti Praeparata	12 grams
Radix Aconiti	9 grams
Radix Gentianae	3 grams
Radix Aconiti Kusnezoffii	9 grams

After taking seven doses one a day, the syndrome was reduced greatly and pain was significantly reduced. Night sweats occurred sometimes. The patient had normal stool and urination and good appetite. Tip of tongue was red and covered with a thin, white coating. Pulse was less tight and tense. Blood pressure was 170/100 mm.Hg. In the second treatment, the same decoction with the following alterations was prescribed:

Radix Aconiti Praeparata	14 grams
Radix Aconiti	10 grams
Radix Aconiti Kusnezoffii	10 grams

adding:

Os Draconis	30 grams
Concha Ostreae	30 grams

After taking eight doses of the above decoction the syndrome was gone. The patient stopped taking the medicine. On January 16, 1981, when he visited the doctor for coughing, he said he had not experienced any pain since.

#### Case 2 (12 p. 94):

Female patient, 24, had had knee joint pain for about a year. Severe pain made it difficult to walk and it became aggravated when it was cloudy and raining. The right knee was worse. The patient had normal appetite; constipation and loose stools alternated. Pallid complexion was seen. Tongue coating was moist and white. Pulse was tight and tense, but becoming strengthless when pressed deeply. The rheumatic pain was caused by invasion of pathogenetic Cold and should be treated by adoption of Decoction of Ramulus Cinnamomi and Radix Aconiti:

Ramulus Cinnamomi	30 grams
Radix Aconiti Praeparata	30 grams
Rhizoma Zingiberis Recens	18 grams
Radix Glycyrrhizae Praeparata	12 grams
Fructus Ziziphi Jujubae	4 pcs.

After taking three doses the syndrome subsided. So more decoctions were prescribed for a full recovery.

#### Case 3 (17 p. 241):

Male patient, 55, first treatment on January 15, 1980. The patient had been working for two weeks in a very damp place when he began to feel cold in the lower abdomen and then the pain with contracture extended to both testes with the right one being more severe. The attack was more acute in the morning. Penis was cold. Impotence

and ejaculatio praecox were reported. Decoction of *Ramulus Cinnamomi* and *Radix Aconiti Praeparata* with alterations was prescribed:

<i>Ramulus Cinnamomi</i>	10 grams
<i>Radix Paeoniae Alba</i>	20 grams
<i>Radix Glycyrrhizae</i>	6 grams
<i>Rhizoma Zingiberis Recens</i>	10 grams
<i>Fructus Ziziphi Jujubae</i>	5 pcs.
<i>Radix Aconiti</i>	10 grams
<i>Rhizoma Curculiginis</i>	30 grams
<i>Herba Epimedii</i>	30 grams
<i>Actinolitum</i>	45 grams
<i>Radix Rehmanniae</i>	25 grams
<i>Fructus Rosae Laevigatae</i>	12 grams
<i>Semen Cardamomi Rotundi</i>	10 grams

After taking seven doses one each day, the syndrome was significantly reduced. After taking 12 doses, impotence and pain subsided, but ejaculatio praecox was even worse. In the second treatment, the same decoction with the following alterations was prescribed:

<i>Radix Rehmanniae</i>	30 grams
adding:	
<i>Semen Euryales</i>	30 grams
<i>Ootheca Mantidis</i>	12 grams

After some 40 doses of the above decoction were served the syndrome was gone completely.

#### Case 4 (29 p. 28):

Female patient, 34, first treatment on October 26, 1978. Two weeks after giving birth to a baby, the patient was suffering from pain all over the body and in all joints. Stool was greasy and sticky, urination was little and there was perspiration. The pain was sensitive to weather changes. Tongue was covered with white and moist coating. Pulse was floating and tight when pressed lightly and became strengthless if pressed deeply. The patient was said to have enjoyed good health in the past and the disease was supposedly caused by using an electric fan during her puerperium, which was a syndrome suitable to the adoption of Decoction of *Ramulus Cinnamomi* and *Radix Aconiti Praeparata*. However, people living in Guangdong were afraid of taking such hot drugs, therefore, the patient was reluctant to take the decoction. The doctor convinced the patient again and again and finally she agreed to try the following decoction:

<i>Ramulus Cinnamomi</i>	12 grams
<i>Radix Aconiti Praeparata</i>	15 grams
<i>Radix Glycyrrhizae Praeparata</i>	9 grams
<i>Rhizoma Zingiberis Recens</i>	9 grams
<i>Fructus Ziziphi Jujubae</i>	10 grams

On the third day after taking two doses of the above decoction, her husband came to see the doctor, saying that his wife was feeling better and asking whether the decoction could be taken as further treatment. The doctor instructed that another five doses could be given.

Case 5 (29 p. 28):

A woman patient had just recovered from chronic dysentery and now she was suffering from watery diarrhea, four to five times a day, with abdominal pain, cold extremities, vomiting of saliva. Decoction of *Lizhong* (Clause 386) had been adopted repeatedly but seemed to be of no avail. Diagnosis was made again: Pulse was feeble and slender, tongue was white and moist. There was no thirst for water. Urination was ample. Coldness of extremities and abdominal pain occurred at the same time. The reason Decoction of *Lizhong* did not work was that Decoction of *Lizhong* was to cure the ailment of the Spleen, but the disease was caused by Deficiency and Cold, both in the Spleen and the Kidney, the latter of which should also be treated. Decoction subtracting Ramulus Cinnamomi adding Rhizoma Atractylodis Macrocephalae was prescribed:

Rhizoma Atractylodis Macrocephalae	15 grams
Radix Aconiti Praeparata	10 grams
Radix Glycyrrhizae Praeparata	6 grams
Rhizoma Zingiberis Recens	12 grams
Fructus Ziziphi Jujubae	5 pcs.

After taking four doses, coldness of extremities and all pain subsided, but the patient was weak and anorectic. Decoction to replenish the Spleen and Stomach was given to help the patient recover and this worked within half a month.

## CLAUSE 175

Wind and Humidity factors conflicting with each other cause acute pain in the joints, which impairs the movement of the joints because of serious referred pain. The pain is aggravated by pressure. The patient feels short of breath, perspires, fears wind, and is reluctant to take off his clothes. He also has dysuria and a slightly swollen body. Decoction of Radix Glycyrrhizae and Radix Aconiti Praeparata will be the remedy (1).

## NOTES

1. The following table will illustrate the difference of the three decoctions dealing with rheumatic pain.

TABLE 41. DIFFERENTIATION OF DECOCTION OF RAMULUS CINNAMOMI AND RADIX ACONITI PRAEPARATA (I), DECOCTION SUBTRACTING GAMULUS CINNAMOMI, ADDING RHIZOMA ATRACTYLODIS MACROCEPHALAE (II), AND DECOCTION OF RADIX GLYCYRRHIZAE AND RADIX ACONITI PRAEPARATA (III)

	Decoction I	Decoction II	Decoction III
Radix Aconiti Prae.	3 pcs.	3 pcs.	2 pcs.
Ramulus Cinnamomi	4 <i>liang</i>	—	4 <i>liang</i>
Rhizoma Atractylodis Macrocephalae	—	4 <i>liang</i>	2 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>	3 <i>liang</i>	—
Radix Glycyrrhizae	2 <i>liang</i>	2 <i>liang</i>	2 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.	12 pcs.	—
Symptoms	Acute body pain, not nauseous, not thirsty, floating-deficient and hesitant pulse	Same as those in Decoction I, with constipation	Acute pain in joints, impairing movement, perspiration, short of breath, dysuria
Function of decoctions	Disperse Wind, overcome Humidity	Replenish the Spleen so as to disperse Humidity	Disperse Wind and Humidity gradually
Characteristics	Syndrome mainly lies in the Exterior	Syndrome mainly rests in the muscle	Syndrome remains mainly in the joints

Decoction of Radix Glycyrrhizae and Radix Aconiti Praeparata  
(*Gancao Fuzi Tang*):

Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Radix Aconiti Praeparata	2 pcs.
Rhizoma Atractylodis Macrocephalae	2 <i>liang</i>
Ramulus Cinnamomi	4 <i>liang</i>

Stew the above drugs in six *sheng* of water till three *sheng* are left. Filter the decoction and take three doses a day, one *sheng* each. After the first dose, perspiration will occur, and then the syndrome is gone. The patient has a good intake of food. When perspiration stops, the patient again feels restless. Take another five *ge* decoction. One *sheng* would be too much for the first dose, so six or seven *ge* would be suitable.

*Explanation of the Prescription:* In this decoction, Rhizoma Atractylodis Macrocephalae and Radix Aconiti Praeparata are used to warm the Channels and Collaterals and dispel the Humidity. Ramulus Cinnamomi, pungent and warm, when

used together with *Radix Aconiti Praeparata* and *Rhizoma Atractylodis Macrocephalae*, has the function of warming the Interior Yang Vital Energy and dispersing the Wind. As the pathogenetic factor has intruded deep into the joints, be careful not to disperse it too speedily. Otherwise the Wind may be dispersed, but the Humidity will remain as a sequela. So *Radix Glycyrrhizae Praeparata* is used to slow down the action of the decoction.

*Acupuncture Points:* Ganshu (BL 18), Shenshu (BL 23), Quchi (LI 11), Yanglingquan (GB 34).

### CASES

Case 1 (29 p. 197):

Male patient, 32, first treatment on June 28, 1969. As a duckerman, the patient often worked in water and had suffered from rheumatic pain for seven years. When the pain attacked this time, it was acute, making the patient very sensitive and shout for pain. Joints of the left shoulder, waist, knee and hipbone had the severest pain, but there was no swelling. Left hand and leg could not be raised. Tonsil was red and swollen. The patient liked to drink hot water or soup and would have a thorough perspiration afterwards. Other symptoms were: dyspnea, dysuria, slight fever (37.4 °C). Tongue coating was thin and white. Pulse was deep, slender and speedy. The following decoction was prescribed:

<i>Radix Aconiti Praeparata</i>	10 grams
<i>Rhizoma Atractylodis Macrocephalae</i>	6 grams
<i>Ramulus Cinnamomi</i>	12 grams
<i>Radix Glycyrrhizae Praeparata</i>	6 grams

Second treatment on June 30. Temperature dropped to 36.7 °C. Pain on joints was reduced. Urination was still little. Another two doses of the above decoction were given. Third treatment on July 2. The syndrome was becoming more acute. On July 1, when the patient resumed work, he washed himself with cold water and drank the water to cool himself in the afternoon. In the evening he was restless and cooled himself in the courtyard, but he fell asleep and passed the night in the open. This made the disease recur again, with stiff neck and back, perspiration and aversion to wind. Decoction of *Ramulus Cinnamomi* adding *Radix Puerariae* was prescribed:

<i>Radix Puerariae</i>	12 grams
<i>Ramulus Cinnamomi</i>	10 grams
<i>Radix Paeoniae Alba</i>	10 grams
<i>Radix Glycyrrhizae Praeparata</i>	6 grams
<i>Rhizoma Zingiberis Recens</i>	10 grams
<i>Fructus Ziziphi Jujubae</i>	12 pcs.

Fourth treatment on July 4. After taking two doses, the syndrome subsided considerably, but joint pain still remained. Decoction of *Radix Glycyrrhizae* and *Radix Aconiti Praeparata* with increased dosages was given as follows:

Radix Aconiti Praeparata	20 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Ramulus Cinnamomi	24 grams
Radix Glycyrrhizae Praeparata	12 grams

Fifth treatment on July 5. After taking one dose the pain was significantly reduced. His left hand and leg regained free movement. Another dose was taken as a consolidation.

Case 2 (12 p. 251):

Male patient, 47, felt pain in his left leg, making it difficult for him to walk, and the ailment had already lasted for four months. Pulse was soft and huge. Tongue coating was thin and white. This was a case caused by the invasion of pathogenetic Cold and Humidity and should be treated by adoption of Decoction of Radix Glycyrrhizae and Radix Aconiti Praeparata:

Radix Aconiti	4.5 grams
Radix Aconiti Kusnezoffii	4.5 grams
Rhizoma Atractylodis	9.0 grams
Rhizoma Atractylodis Macrocephalae	15.0 grams
Radix Glycyrrhizae	9 grams
Ramulus Cinnamomi	9 grams
Radix Angelicae Sinensis	9 grams
Radix Achyranthis Bidentatae	9 grams
Cortex Phellodendri	9 grams

After taking two doses pain was reduced considerably. Some ten doses were taken before the ailment was totally dispersed.

Case 3 (25 p. 470)

Female patient, 45, had been suffering from pain in the back and waist and all over the body for more than a month. The patient had the history of epigastric pain and menstrual disorder. A month before she had a common cold and felt pain all over the body, particularly in the back and waist and upper extremities. The pain was aggravated at night. She had aversion to cold and wind and perspiration. Paroxysmal numbness occurred on the extremities. Menstruation was delayed, with profuse white discharge. Tongue was covered with white and moist coating. Pulse was deep, moderate and strengthless. This was a case caused by the invasion of Wind and Cold to the joints when Yang was deficient. Decoction of Radix Glycyrrhizae and Radix Aconiti Praeparata with additions was prescribed:

Radix Glycyrrhizae	15 grams
Radix Aconiti Praeparata	10 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Ramulus Cinnamomi	9 grams
Radix Astragali	15 grams

Radix Stephaniae Tetrandrae	10 grams
Radix Aconiti	9 grams
Radix Paeoniae Alba	9 grams
Radix Dipsaci	15 grams
Cortex Eucommiae	10 grams
Ramulus Loranthi	15 grams

Five doses cured the ailment. Another 12 doses were given for consolidation.

Case 4 (25 p. 470):

Mr. Gao was suffering from rheumatic pain in all joints. The patient could not tolerate a touch as this was too painful for him. Dysuria and light perspiration were also reported. When the doctor examined the patient, he found out that a slight edema appeared on the patient's face, extremities and all over the body. The patient still had on heavy clothes although it was quite warm. Pulse was rather huge, but strengthless. Friends of the patient asked the doctor about the disease. The doctor replied that it was rheumatic pain caused by Wind and Humidity. One doctor said the patient had taken decoctions aimed at dispersing the Wind and Humidity, but they did not work. Doctor Xie replied that Wind should be dispersed from the Exterior. However, the patient had Exterior Deficiency (perspiration, aversion to cold and wind), so how could diaphoretic work in such a case? Humidity should be drained from within, but the patient also had Deficiency in the Interior. Diuretics were therefore not to be adopted. The only treatment was Decoction of Radix Glycyrrhizae and Radix Aconiti Praeparata. One dose worked immediately and three doses worked completely.

*Summary:* In *Shanghan Lun* and *Jinkui Yaolue*, the author, Zhang Zhongjing, discussed rheumatic pain on many occasions. The following will be an index:

'Decoction of Radix Glycyrrhizae and Radix Aconiti Praeparata (Clause 175),  
*Shanghan Lun*;

Decoction of Ramulus Cinnamomi and Radix Aconiti Praeparata (Clause 174),  
*Shanghan Lun*;

Decoction of Rhizoma Aconiti (Clause 5-10),  
*Jinkui Yaolue*;

Decoction of Radix Angelicae Sinensis *Sini* (Clause 351),  
*Shanghan Lun*;

Decoction of Radix Stephaniae Tetrandrae and Radix Astragali (Clause 2-22),  
*Jinkui Yaolue*;

Decoction of Herba Ephedrae, Semen Armeniacae Amarrum, Semen Coicis  
and Radix Glycyrrhizae (Clause 2-21), *Jinkui Yaolue*;



Decoction of Herba Ephedrae adding Rhizoma Atractylodis Macrocephalae  
(Clause 2-20), *Jinkui Yaolue*;

Decoction of Ramulus Cinnamomi, Radix Paeoniae and Rhizoma Anemarrhenae  
(Clause 5-8), *Jinkui Yaolue*;

Decoction of *Yuebei* adding Rhizoma Atractylodis Macrocephalae  
(Clause 14-25), *Jinkui Yaolue*.

### CLAUSE 176

Febrile disease caused by Cold: Decoction of *Baihu* suits the syndrome with the following symptoms and signs: floating-slippery pulse, Heat at the Exterior and Cold at the Interior (1).

#### NOTES

1. "... and Cold at the Interior" should be "... and Heat at the Interior," according to some commentators. Anyhow, Decoction of *Baihu* is a curative for the syndrome with Interior excessive Heat. For details, see "Explanation of the Prescription" in this clause.

Decoction of *Baihu*  
(*Baihu Tang*):

Rhizoma Anemarrhenae	6 <i>liang</i>
Gypsum Fibrosum	1 <i>jīn</i>
Radix Glycyrrhizae	2 <i>liang</i>
Semen Oryzae Nonglutinosae	6 <i>ge</i>

Stew the above drugs in one *dou* of water till Semen Oryzae Nonglutinosae is well cooked. Filter the decoction and take three doses a day of one *sheng* each dose.

*Explanation of the Prescription:* This is the principal prescription for the Greater Yang Channel syndrome. The following symptoms and signs can be eliminated by the adoption of Decoction of *Baihu*: high fever, a flushed face, fear of Heat, a great thirst for water, restlessness, profuse perspiration, a parched tongue, and a grand huge and mighty pulse. Gypsum Fibrosum, pungent and cool, dispels the Heat from the muscle and cools down the Stomach Heat. As the pungent taste has a function of dispersing (the pathogenetic factor) and the cool quality of eliminating (the pathogenetic Heat), Gypsum Fibrosum is a drug that deals with both the Exterior and Interior syndromes. Rhizoma Anemarrhenae, bitter and moist, eliminates Fire (Heat) and moistens Dryness. Radix Glycyrrhizae and Semen Oryzae Nonglutinosae harmonize the Stomach Vital

Energy. With such mild drugs, Gypsum Fibrosum and Rhizoma Anemarrhenae, though very cool in quality, will not hurt the Stomach and Spleen.

*Acupuncture Points:* Zusanli (ST 36), Xinshu (BL 15), Gongsun (SP 4), Neiguan (PC 6).

## CASES

### Case 1 (18 p. 236):

Male patient, 54, was admitted for hospitalization on June 12, 1971 because he was suffering from a fever. However, the fever continued although antipyretics had been adopted. On June 22, the patient began to accept treatment of TCM. Diagnosis: Thirst, perspiration, sore throat, floating and huge pulse, thin and yellow tongue coating. Pathogenetic Heat had invaded the Greater Yang Channel. Decoction of *Baihu* was the right cure:

Gypsum Fibrosum	60 grams
Rhizoma Anemarrhenae	12 grams
Semen Oryzae Nonglutinosae	12 grams
Radix Glycyrrhizae Praeparata	9 grams
Rhizoma Imperatae Recens (stewed later)	30 grams
Rhizoma Phragmitis Recens	30 grams
Fructus Forsythiae	12 grams

### Case 2 (18 p. 237): Pneumonia

Male patient, 36, began to cough with chest pain, chills and fevers in early spring and was treated as a common cold caused by wind and cold, but the syndrome became more severe. The hospital made the diagnosis of "lobar pneumonia." Symptoms and signs included: fever, coughing with spitting of sputum, stitch in chest, restlessness, great thirst, flushed face, aversion to heat, parched tongue and mouth, yellow tongue coating, grand and huge pulse. This was a case caused by the invasion of pathogenetic factors resting in the Lesser Yin Channel into the Greater Yang Channel. Decoction of *Baihu* with additions should be adopted to clear the Lung and the Stomach:

Gypsum Fibrosum	60 grams
Rhizoma Anemarrhenae	12 grams
Radix Glycyrrhizae	5 grams
Flos Lonicerae	18 grams
Fructus Forsythiae	12 grams
Fructus Trichosanthis	15 grams
Bulbus Fritillariae Thunbergii	9 grams
Semen Armeniacae Amarum	12 grams
Bud of Rhizoma Phragmitis	3 feet long

After taking three doses the syndrome was almost gone. Decoction of Folium Bambusae and Gypsum Fibrosum (Clause 397) was prescribed for consolidation.

Case 3 (18 p. 238): Diabetes, Reported by *Review of Henan TCM College*, No. 3, 1976

Doctor Liu reported having cured 21 cases of diabetes with a cure rate of 95%. The principal prescription:

Gypsum Fibrosum	30-120 grams
Rhizoma Anemarrhenae	15 grams
Radix Scrophulariae	30 grams
Rhizoma Dioscoreae	30 grams
Herba Dendrobii	15 grams
Radix Ophiopogonis	15 grams
Radix Trichosanthis	15 grams
Rhizoma Phragmitis	30 grams
Radix Glycyrrhizae	3-6 grams

For patients of weak build: add Radix Codonopsis Pilosulae, 15 grams; or Radix Pseudostellariae, 15 grams.

As a general practice, after taking three to six doses, volume of water drunk was greatly reduced or reduced to normal. In order to consolidate the efficacy, the following recipe could be served as a follow-up treatment:

Semen Euryales	30 grams
Semen Dolichoris Album	30 grams
Semen Alpiniae Oxyphyllae	30 grams
Semen Coicis	30 grams

Open one cock to clean the internal organs. Then put the above drugs into the cock; sew the opening with thread and stew it till the chicken is well cooked. Eat the chicken and the soup. One dose every day or every other day. After having three to five chickens, take one chicken every 10 days. For example: Mr. Huang had been suffering from diabetes for more than half a year and had been treated by both Chinese and Western medicine without results. When the patient went to see the doctor, he had 1,750 grams of food and 8,000-10,000 ml water every day. Urine was about 10,000 ml daily. Decoction of *Bailu* with alterations was prescribed. After taking nine doses, volume of water drunk daily was reduced to 500-1,000 ml and food reduced to 1,000 grams, then the "Chicken Recipe" was adopted. After having five such medicated chickens, the patient only drank a little water and had 750 grams of food daily. He became much stronger and resumed his work on the farm. The patient wrote to the doctor saying he was recovered and still had the medicated chicken once in a while.

Case 4 (18 p. 239): Encephalitis B

Male patient, 6, had been diagnosed with encephalitis B, with symptoms of fever and perspiration. In the hospital he was given preparation of Radix Isatidis for a week, but fever still prevailed, and in the afternoon temperature might go up to 40 C and more. Other symptoms and signs were: profuse perspiration, restlessness and irritation, dimness, fright and contracture, thirst, yellow and parched tongue coating, slippery and

speedy pulse. Decoction of *Baihu* with additions was prescribed:

Gypsum Fibrosum	60 grams
Rhizoma Anemarrhenae	9 grams
Radix Glycyrrhizae	3 grams
Semen Oryzae Nonglutinosae	15 grams
Radix Ophiopogonis	12 grams
Radix Trichosanthis	12 grams
Folium Bambusae	20 pcs.
Rhizoma Phragmitis	30 grams
Powder of Cornu Antelopis (nasal feeding)	2 grams
Powder of Cornu Bubali (nasal feeding)	2 grams

After taking three doses of the above decoction, fever dropped and contractures subsided. Another eight doses of decoctions similar to the previous one were given to supplement.

Case 5 (18 p. 240): Epidemic Hemorrhagic Fever, Reported by *Heilongjiang Medicine Magazine*, No. 1, 1976

Combined with Western medicine, Decoction of *Baihu* was used to cure 130 cases of epidemic hemorrhagic fever. Fatality rate was only 0.8%. The principal prescription was:

Gypsum Fibrosum	30-60 grams
Rhizoma Anemarrhenae	12 grams
Fructus Gardeniae	9 grams
Radix Rehmanniae	15 grams
Radix Scrophulariae	9 grams
Cortex Moutan Radicis	9 grams
Fructus Forsythiae	9 grams
Flos Lonicerae	12 grams
Radix Isatidis	15 grams
Poria	12 grams
Ramulus Uncariae cum Uncis	9 grams
Radix Glycyrrhizae	9 grams

Case 6 (28 p. 21):

A female patient had been ill for about five days with the following symptoms: fever, profuse perspiration, great thirst, but without delirium and headache. Pulse was huge. As this was in early summer, the patient's relative dared not to give her watermelon which she desired so much. When Doctor Cao Yingfu was sent for he made the diagnosis and said that this was a Decoction of *Baihu* syndrome. Prescription was:

Gypsum Fibrosum	1 <i>liang</i>
Semen Anemarrhenae	8 <i>qian</i>
Radix Glycyrrhizae	3 <i>qian</i>

Radix Panacis Quinquefolii	1 <i>qian</i>
Semen Oryzae Nonglutinosae	one small cup

After taking the decoction the patient was less thirsty, so the doctor knew the treatment was correct. Therefore more doses were served. On the third day the syndrome still remained as it was, with only minor improvement. In the third treatment, Decoction of *Baihu* with additions was prescribed as follows:

Gypsum Fibrosum	2 <i>liang</i>
Rhizoma Anemarrhenae	8 <i>qian</i>
Radix Glycyrrhizae	3 <i>qian</i>
Radix Panacis Quinquefolii	1 <i>qian</i>
Semen Oryzae Nonglutinosae	one small cup
Radix Paeoniae Rubra	1 <i>liang</i>
Cortex Moutan Radicis	1 <i>liang</i>
Radix Rehmanniae	1 <i>liang</i>
Herba seu Radix Cirsii Japonici	5 <i>qian</i>
Herba Cephalanoploris	5 <i>qian</i>

The doctor also allowed the patient to have watermelon. After taking two doses the syndrome subsided significantly. Five doses cured the disease completely.

Case 7 (28 p. 22):

Liao, female, came from Jiangyin and lived in a hotel in Shanghai. One day she caught cold and had chills and spontaneous perspiration, with floating pulse. Headache resulted on both sides of forehead. Decoction of *Ramulus Cinnamomi* in light dosage was prescribed:

Ramulus Cinnamomi	2 <i>qian</i>
Radix Paeoniae	3 <i>qian</i>
Radix Glycyrrhizae	1 <i>qian</i>
Rhizoma Zingiberis Recens	2 slices
Fructus Ziziphi Jujubae	3 pcs.

After taking the decoction there was a perspiration. Headache, chills and fever all subsided, but after only one day the patient had a high fever, with restlessness and irritation. Pulse became huge. Decoction of *Baihu* was given immediately:

Gypsum Fibrosum	8 <i>qian</i>
Rhizoma Anemarrhenae	5 <i>qian</i>
Radix Glycyrrhizae	3 <i>qian</i>
Semen Oryzae Nonglutinosae	a pinch

After taking the decoction the syndrome remained as it was, so another dose was given, but the fever went up. Restlessness and irritation, great thirst and profuse perspiration became even more severe. Dosage of the decoction was increased as follows:

Gypsum Fibrosum	2 <i>liang</i>
Rhizoma Anemarrhenae	1 <i>liang</i>
Radix Glycyrrhizae	5 <i>qian</i>
Semen Oryzae Nonglutinosae	2 cups
adding:	
Radix Rehmanniae	2 <i>liang</i>
Radix Trichosanthis	1 <i>liang</i>
Herba seu Radix Cirsii Japonici	5 <i>qian</i>
Herba Cephalanoploris	5 <i>qian</i>
Cortex Moutan Radicis	5 <i>qian</i>

The drugs were stewed and served whenever the patient was thirsty. Three big bowls of decoction were served in all. The patient became better, fever and headache subsided. When the whole dose was finished the patient was no longer restless and irritative. Thirst was also significantly reduced. The next day no medicine was served. On the third day, fever recurred and went higher and higher, with pain in all the joints and all over the body. The patient became very thirsty and drank a bucket of cold water at night. Finally the doctor reached the conclusion that since this was a Decoction of *Baihu* syndrome, the same decoction should be given, but in larger dosage. Decoction of *Baihu* was prescribed, but dosage of Gypsum Fibrosum was increased to eight *liang* (240 grams\*). The patient had profuse perspiration and all the other symptoms subsided, but there was no stool. Two *qian* of Pill of Fructus Cannabis (Clause 247) was washed down with Natrii Sulfas to loosen the bowels.

\*That is really a very big dosage, very exceptional.

## CLAUSE 177

Febrile disease caused by Cold: Decoction of Radix Glycyrrhizae Praeparata suits a severe case of palpitations with a slow-uneven and interval pulse (1).

## NOTES

1. Interval pulse: Pulse beats at regular intervals, a long period each time.

Cheng Yingmao: A slow-uneven\* pulse is a manifestation of the existence of a pathological condition. An interval pulse is an indication of a Deficiency of Body Resistance.\*\* When an interval pulse is observed with symptoms of palpitations from the syndrome of febrile disease caused by Cold, it signifies a severe Deficiency of the Body Resistance. Therefore Decoction of Radix Glycyrrhizae Praeparata is used to tonify the Yin and harmonize the Vital Energy with Nutrient Essence.

\*See Note of Clause 125.

\*\*See Note of Clause 10.

Decoction of Radix Glycyrrhizae Praeparata  
(*Zhi Gancao Tang*):

Radix Glycyrrhizae Praeparata	4 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Radix Ginseng	2 <i>liang</i>
Radix Rehmanniae	1 <i>jīn</i>
Ramulus Cinnamomi	3 <i>liang</i>
Colla Corii Asini	2 <i>liang</i>
Radix Ophiopogonis	0.5 <i>sheng</i>
Fructus Cannabis	0.5 <i>sheng</i>
Fructus Ziziphi Jujubae	30 pcs.

Stew the above herbs in seven *sheng* of rice wine and eight *sheng* of water till three *sheng* are left. Filter the decoction and put Colla Corii Asini in it till it melts. Take three doses a day, one *sheng* each dose. This decoction is also called "*Fumai Tang*" (Decoction for Recovering the Pulse).

*Explanation of the Prescription:* This is a principal prescription for treating palpitations with a slow-uneven and interval pulse. It has the function of tonifying Blood, recovering the pulse and dredging the Yang Vital Energy. Radix Glycyrrhizae Praeparata is used as the main drug in tonifying the Stomach to strengthen the source of the pulse. Radix Ginseng tonifies the Vital Energy, and Ramulus Cinnamomi dredges the Yang Vital Energy. Radix Rehmanniae, Radix Ophiopogonis, Fructus Cannabis and Colla Corii Asini nourish the Yin. Rhizoma Zingiberis Recens and Fructus Ziziphi Jujubae harmonize the Vital Resistance with Nutrient Essence. Rice wine serves as a stimulus for Blood circulation. So palpitations can be eased and the pulse recovered. That is why it is also called *Fumai Tang*.

*Acupuncture Points:* Zusanli (ST 36), Xinshu (BL 15), Gongsun (SP 4), Neiguan (PC 6).

## CASES

Case 1 (26 p. 90): Cases Reported by *New TCM Magazine*, 5:42, 1974

Using Decoction of Radix Glycyrrhizae Praeparata, Doctor Qiu treated 28 cases of cardiac arrhythmia, with 23 cases greatly improved and four cases significantly improved. Prescription was:

Radix Glycyrrhizae Praeparata	15 grams
Radix Codonopsis Pilosulae	9 grams
Colla Corii Asini	9 grams
Rhizoma Zingiberis Recens	9 grams
Radix Rehmanniae	15 grams
Radix Ophiopogonis	9 grams
Fructus Cannabis	12 grams
Fructus Ziziphi Jujubae	10 pcs.

If the symptoms included restlessness, insomnia and night sweat, Semen Ziziphi Spinosae should be added; if palpitation was one of the symptoms, Cinnabaris, Os Draconis and Concha Ostreae be added.

Case: Male patient, 56, paroxysmal palpitation occurred after the patient took part in manual labor. When there was a mental depression or overexertion the case became aggravated. Cardiac arrhythmia was diagnosed. Blood pressure: 130/90 mm.Hg; pulse: 92/min. Tongue was pink red; pulse was slow-uneven and interval. After taking 12 doses of the above decoction the syndrome was gone. No recurrence was reported within a year.

Case 2 (18 p. 56) Cases Reported by *Science and Technology News*, No. 10, 1972

Decoction of Radix Glycyrrhizae Praeparata adding Fructus Schisandrae, Caulis Spatholobi, Plastrum Testudinis and crystal sugar subtracting Fructus Cannabis and Rhizoma Zingiberis Recens was used to treat angina pectoris.

Total of 150 cases were treated; of them 48 cases were greatly improved; 90 cases were significantly improved and 12 cases were not improved.

Case 3 (12 p. 96):

Male patient was suffering from palpitations with slow-uneven and intermittent pulse. The patient was first treated by a doctor, who prescribed Decoction of Radix Glycyrrhizae Praeparata, but it did not seem to work. The patient went to a second doctor, who examined him and gave him the prescription he had been given. The reason it had not worked was that the dosage of Radix Glycyrrhizae Praeparata was about the same as other drugs, which was wrong. Since the prescription was named Decoction of Radix Glycyrrhizae Praeparata, Radix Glycyrrhizae should be the principal drug and be in a large dose. The first doctor failed to notice this, which was the reason the correct prescription could not cure the right disease. So the doctor prescribed the decoction in accordance with the original prescription (Radix Glycyrrhizae was rightly dosed). One dose worked significantly and three doses cured the ailment.

Case 4 (12 p. 97): Cough and Asthma

Male patient, 50, had been suffering from asthma for about a year which had become more acute recently. He could not sleep at night and had to sit on his bed to pass the night. Coughing was accompanied with thin phlegm. Other symptoms were: parched mouth, anorexia, palpitations, suffocation in chest, with repeated sighs. Pulse was deep-slow, slow-uneven and interval. Tongue was covered with white coating, and tongue proper was red. This was a case caused by the accumulation of phlegm at the Interior that had hampered the Heart physiological activity, bringing about a Deficiency in the Yin Blood. Decoction of Radix Glycyrrhizae Praeparata with additions was prescribed to restore the physiological activity of the Heart and vessels.

Radix Glycyrrhizae Praeparata	12 grams
Ramulus Cinnamomi	9 grams
Radix Codonopsis Pilosulae	9 grams
Radix Rehmanniae	12 grams



Radix Ophiopogonis	9 grams
Radix Salviae Miltiorrhizae	9 grams
Radix Paeoniae Alba	9 grams
Herba Asari Praeparata	3 grams
Fructus Schisandrae Praeparata	3 grams
Rhizoma Zingiberis	3 grams
Rhizoma Pinelliae	9 grams
Poria	9 grams
Colla Corii Asini (melted in the decoction)	9 grams
Fructus Ziziphi Jujubae	3 pcs.

Three doses of the decoction brought forth a significant improvement and six doses cured the ailment completely. A one-month follow-up treatment was also adopted.

Case 5 (22 p. 218):

Male patient was suffering from palpitations with small, weak pulse, and weak and sore lower extremities. Decoction of Radix Glycyrrhizae Praeparata was prescribed:

Radix Glycyrrhizae Praeparata	12 grams
Ramulus Cinnamomi	9 grams
Rhizoma Zingiberis Recens	9 grams
Radix Ophiopogonis	18 grams
Fructus Ziziphi Spinosae	9 grams
Radix Ginseng	6 grams
Colla Corii Asini	6 grams
Radix Rehmanniae	48 grams
Fructus Ziziphi Jujubae	10 pcs.

After taking four doses the patient's legs became strong. Another four doses were served before palpitations disappeared.

Case 6 (22 p. 219):

Male patient, 34, had been suffering from cardiac disease for half a year. Pulse was tight, and sometimes it became slow-uneven, sometimes intermittent and sometimes irregular-speedy. Tongue was dark red with darker dots, covered with yellow coating. Pain and suffocation occurred in the right chest at a fixed point. Palpitations attacked time and again. Shortness of breath made the patient unable to speak for a while. Other symptoms were: depression, restlessness, insomnia, parched and bitter mouth, yellow urine. Decoction of Radix Glycyrrhizae Praeparata was given:

Radix Glycyrrhizae Praeparata	30 grams
Radix Rehmanniae	60 grams
Radix Ophiopogonis	30 grams
Colla Corii Asini	6 grams
Fructus Cannabis	9 grams
Radix Codonopsis Pilosulae	9 grams

Ramulus Cinnamomi	4.5 grams
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	10 pcs.

After taking five doses the syndrome was greatly reduced, but the patient was still weak and short of breath. In the second treatment, the same decoction with Radix Codonopsis Pilosulae increased to 30 grams and adding three grams of Radix Ginseng was prescribed. After taking 10 doses of such decoction, syndrome was greatly improved. More doses with similar prescription were given over a period of time to help the patient recover.

### CLAUSE 178

The pulse beats slowly with intervals and then beats again. This is termed slow-uneven pulse (1). Moving pulse (2) with intervals becomes a bit speedy after the interval and then resumes moving. This is termed slow-uneven pulse of a Yin nature. If a moving pulse stops for a long pause, it is called an interval pulse (3) of a Yin nature. When the pulse is observed, it must be a case difficult to rescue.

### NOTES

1. Slow-uneven pulse indicates Deficiency and weakness of the Vital Energy and the Blood.

2. Moving pulse: See Clause 134.

3. Interval pulse: It indicates exhaustion of the Vital Energy and the Blood. When a slow-uneven pulse and interval pulse are observed in cases of febrile diseases, it always indicates a dangerous case.

*Summary:* An index illustrating all the mistreatments of febrile diseases caused by Cold of the Initial Yang Channel due to misuse of diaphoresis, emetics and purgatives:

1. Misuse of diaphoresis: Clauses 20, 26, 62, 64, 65, 66, 68, 70-73, 82, 88.

2. Misuse of purgatives: Clauses 15, 21, 22, 34, 43, 91, 163.

3. Misuse of diaphoresis, or purgatives, or both diaphoresis and purgatives: Clauses 28, 63, 69, 162.

4. Misuse of emetics: Clauses 120, 121.

5. Misuse of emetics, or purgatives: Clauses 67, 123, 168.

6. Misuse of purgatives and diaphoresis: Clauses 60, 61.

7. Misuse of diaphoresis, emetics and purgatives: Clauses 67-80.

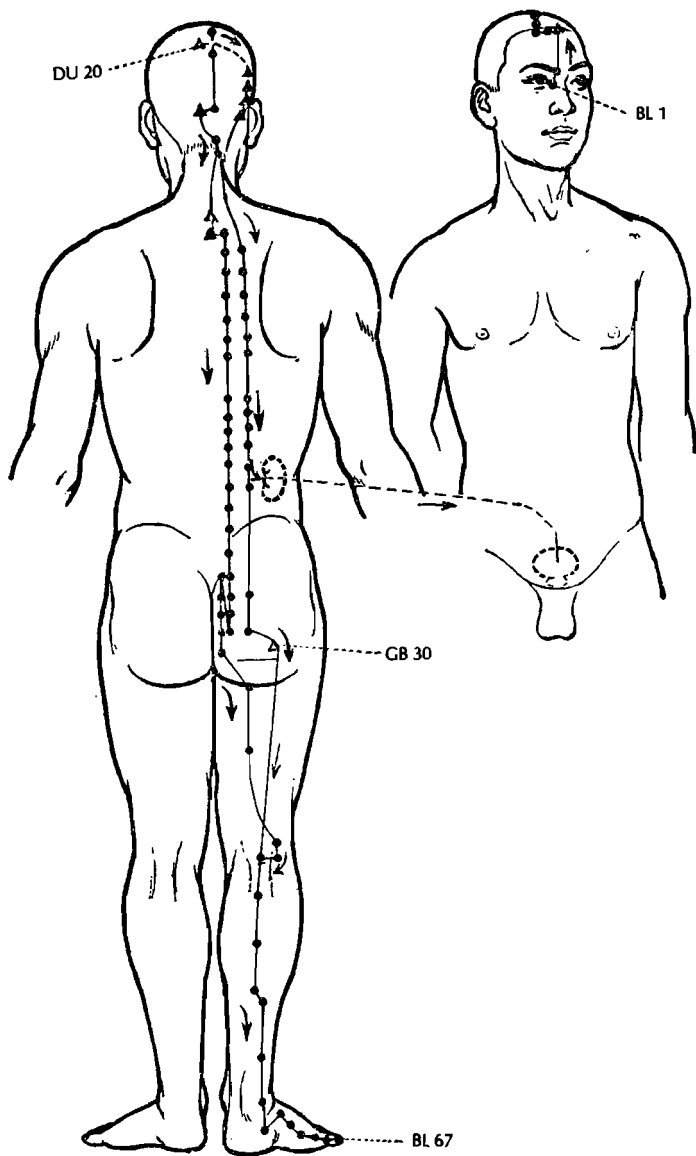


Fig. 1 The Urinary Bladder Channel of Foot-Taiyang (Initial Yang)

## CHAPTER II

### DIFFERENTIATION OF THE PULSE, SYMPTOM COMPLEX AND TREATMENT OF THE *YANGMING* (GREATER YANG) SYNDROME

#### CLAUSE 179

Question: What are the definitions of the Greater Yang syndrome of the Initial Yang (1), the Greater Yang syndrome of the Greater Yang (2), and Greater Yang syndrome of the Lesser Yang (3)?

Answer: Spleen Restriction (4) is called the Greater Yang syndrome of the Initial Yang. Stomach Excess is called the Greater Yang syndrome of the Greater Yang. Greater Yang syndrome of the Lesser Yang indicates Dryness, Excess of Stomach, and constipation caused by the adoption of diaphoresis and a diuretic.

*Remark:* Definition of the Greater Yang syndrome: The Greater Yang syndrome is a phase of febrile disease caused by climatic factors when the pathogenetic factors conflict violently with the Body Resistance. A characteristic of the Greater Yang syndrome is an Interior excessive Heat with an Exterior syndrome of high fever, spontaneous perspiration, and a fear of heat without a fear of cold. There is the Greater Yang Channel syndrome (*Yangming Jing Zheng*) and Greater Yang Bowel syndrome (*Yangming Fu Zheng*). Greater Yang Channel syndrome is manifested in a shapeless excessive Heat with symptoms and signs of a high fever, perspiration, parched tongue and mouth, restlessness, a great thirst for water, and a grand-huge pulse.

The Greater Yang Bowel syndrome is manifested by concrete excessive Heat with the symptoms of constipation, high fever or tidal fever in the afternoon, continuous perspiration, pain around the umbilicus, and restlessness occurring at certain times with a deep excessive\* pulse.

The syndromes described in this clause are the three types of the Greater Yang Bowel syndrome.

\*Excessive pulse: Pulse mighty, huge and long when pressed either lightly or heavily.

#### NOTES

1. The Greater Yang syndrome of Initial Yang (*Taiyang Yangming*): The exhaustion of the Body Fluid hampers the Spleen in its function of transmitting Body Fluid to the Stomach. Therefore, the pathological condition of the Initial Yang Channel invades

the Interior while the Stomach is in a state of excessive Heat and Dryness. When the Heat and Dryness congeal together, a Spleen Restriction is formed.

2. The Greater Yang syndrome of the Greater Yang (*Zhengyang Yangming*): The pathological condition of the Initial Yang Channel invades the Interior and congeals with the indigestion in the Stomach. Symptoms are fullness, pain in the Interior, and a lack of stool. Thus it is called Stomach Excess (*Weijia Shi*).

3. The Greater Yang syndrome of the Lesser Yang (*Shaoyang Yangming*): When a diaphoretic or diuretic is adopted for the Lesser Yang syndrome (the therapy of which should be a prescription of harmonization), a loss of Body Fluid may result. Thus the pathological condition of the Lesser Yang Channel invades the Interior when the Stomach suffers from Dryness, and the syndrome transmits into the Greater Yang Channel.

4. Spleen Restriction (*Pi Yue*): When the Stomach Vital Energy is strong and that of the Spleen is weak, the function of the Spleen is restricted by the Stomach. As the Spleen dominates Humidity,\* which is beneficial to it, therefore, when the Stomach's excessive Heat has exhausted the Body Fluid, the Spleen's function of secreting Body Fluid is restricted by the Stomach. Constipation is thus caused.

\*Spleen dominates Humidity: "Dominates" (*Zhu*) here means governs, controls, produces, masters or is related to, etc. The Five Viscera express their respective domination as follows:

Heart dominates the Blood, spirit, speech, etc.;

Liver dominates circulation, thinking, tendons, Blood Cavity, etc.;

Spleen dominates deployment (of Nutrients, digestion, etc.), control of Blood, muscle, extremities, transmission of Body Fluid to Stomach, etc.;

Lung dominates Vital Energy, circulation of water, hair and skin, sound, etc.;

Kidney dominates bone, water, breath, reproduction, etc.

*Remark*: "The Spleen is restricted by excessive Humidity" is a term on page 42 of *CM Terminology*, which explains that, when Humidity is excessive, it will restrict the normal functioning of the Spleen in deployment and transmission.

*Acupuncture Points*: Tianshu (ST 25), Dachangshu (BL 25), Daheng (SP 15), Quchi (LI 11), Zhaohai (KI 6), Neiting (ST 44), Tiaokou (ST 38), Shangjuxu (ST 37), Pishu (BL 20), Zhigou (SJ 6).

## CLAUSE 180

The cause of the Greater Yang syndrome is Stomach Excess (1).

## NOTES

1. Stomach here indicates the Stomach Channel of Foot-Initial Yang. Excess here means an effect of the pathogenetic factor. It does not only mean "constipation." Because a high fever syndrome was considered by ancient scholars to be connected with the Stomach, the Greater Yang syndrome always refers to a syndrome of high fever.

*Shanghan Lun Yushi* (11 p. 847) explains: When syndrome develops into the phase of Greater Yang, Stomach Excess is always the cause, whether it is a Channel

syndrome or Bowel syndrome. In a Channel syndrome, pathogenetic Heat rests at the Channels, bearing the symptoms and signs of fever, spontaneous perspiration, with aversion of heat (but not cold), thirst and restlessness. But dried feces are not yet formed in the intestine. Therefore, it is called shapeless Heat. When it develops into a Bowel syndrome, pathogenetic Heat has already invaded the Stomach (and Intestine), bringing with it abdominal distention, constipation, delirium, tidal fever, sweat on palms of hands and feet. Feces have taken shape in the Intestine, hence a physical dried Heat. Therefore, it can be concluded that "Stomach Excess" embraces both the shapeless Heat and the physical dried Heat.

### CLAUSE 181

Question: How does the Greater Yang syndrome come into being?

Answer: When either a diaphoretic, purgative, or diuretic is adopted for the Initial Yang syndrome, it will cause a loss of Body Fluid. When the Stomach is suffering from pathogenetic Dryness, the syndrome transmits into the Greater Yang. The patient will not change clothes (1) and suffers from Interior Excess and constipation (2).

### NOTES

1. Change clothes: To make stool. People in ancient times would change their clothes before making stool.

2. One of the causes of Greater Yang Bowel syndrome is the mistreatment of Initial Yang syndrome. Purgative is prohibited to Initial Yang syndrome. If it is given, a malpractice is resulting. But diaphoresis and diuretics are the normal treatment to Initial Yang syndrome. How could they cause a malpractice? Overuse of both a diaphoretic or a diuretic may cause a total exhaustion of the Body Fluid, causing the dry condition in Stomach and Intestine and thus inducing the pathogenetic factors to invade the Greater Yang. (11 p. 849)

### CLAUSE 182

Question: What is the Exterior syndrome of the Greater Yang Channel?

Answer: Fever (hot throughout the body) (1), spontaneous perspiration (2) with a fear of heat (3), but no fear of cold (4).

### NOTES

1. "Fever, hot throughout the body," indicates Interior Heat coming to the Exterior.

2. "Spontaneous perspiration" is caused by evaporation of the interior Heat.

3. "With a fear of heat" shows that the pathological condition is at the Interior.

4. "But no fear of cold" indicates that the pathological condition is not at the Exterior.

*Remark:* Comparison should be made in the following two clauses:

Clause 2: The Initial Yang syndrome with symptoms and signs of fever, perspiration, chill and moderate pulse is termed febrile disease caused by Wind (*Zhongfeng*).

Clause 182: ... Fever (hot throughout the body), spontaneous perspiration with a fear of heat, but no fear of cold.

*Analysis:* Fever in Clause 2 comes from the Heat at the Exterior; fever in Clause 182 comes from the Interior Heat. Perspiration in Clause 2 is accompanied by chill, whereas that in the latter is accompanied by aversion to heat. Also, perspiration in Clause 2 may be a light perspiration and that in Clause 182 could be a profuse perspiration. Pulses are also different: Pulse in Clause 2 is floating and moderate; pulse in Clause 182 is grand-huge or floating-slippery. All these differences may be good reference in diagnosing the above two syndromes. (11 p. 852)

*Acupuncture Points:* Neiting (ST 44), Quchi (LI 11), Neiguan (PC 6), Hegu (LI 4).

## CLAUSE 183

**Question:** For the first day of the Greater Yang syndrome, the patient does not have fever but does have chills. Why should this happen?

**Answer:** Although the patient has chills the first day, he will soon have no more chills but will have fever and perspiration (1).

## NOTES

1. This is the symptom of the initial stage of the Greater Yang syndrome. Because the Interior Heat is not so strong at the beginning, the patient becomes chilled. When the Interior Heat increases, the chills will disappear.

Wu Qian: There should be chills with the Initial Yang syndrome and fear of heat with the Greater Yang syndrome. On the first day of the Greater Yang syndrome, when there are chills, it indicates that the pathogenetic factor of the Initial Yang Channel has not completely left the Exterior, so there is still a chill the first day.

Cheng Yingmao: When the Greater Yang syndrome bears the symptom of chills, it is an indication of the existence of the Exterior syndrome. When the pathological condition invades the Interior, there will only be fear of heat. Therefore, chills in the Greater Yang syndrome will be a sign by which to judge whether the Exterior syndrome remains.

Zheng Zhongguang: Chills in the Greater Yang syndrome will indicate that the syndrome comes from the Initial Yang Channel. When the chills stop, it indicates that the Exterior syndrome has passed through the Exterior and invaded the Interior. When the pathogenetic Heat congeals at the muscle, *Couli* (glands, etc.) will open to let it out, causing spontaneous perspiration.

## CLAUSE 184

**Question:** Why chills disappear?

**Answer:** Greater Yang is the Center of the Earth (1), the base of

everything, and the end of transmission. Although chills may appear at the beginning, they will disappear the second day. This is called the Greater Yang syndrome (2).

#### NOTES

1. Center of the Earth: See the chart under Clause 23. According to the Five Evolutive Phases, the Viscera are represented as follows (in relation to direction):

Metal — Lung — West;	Fire — Heart — South;
Wood — Liver — East;	Earth — Spleen (Stomach) — Center.
Water — Kidney — North;	

2. Fang Youzhi: When chills disappear the second day, it indicates that the pathogenetic Heat has invaded the Interior, which will soon bring about a fever. This is a symptom of the Greater Yang syndrome of the Greater Yang.

#### CLAUSE 185

At the beginning of the Initial Yang syndrome, diaphoresis was adopted. The syndrome will transmit into the Greater Yang Channel if the perspiration is not thorough. The following symptoms are indications of the syndrome having transmitted into the Greater Yang Channel: Febrile disease caused by Cold with fever but without perspiration, nausea, anorexia, and then continuous perspiration (1).

#### NOTES

1. Wu Qian: At the beginning of the Initial Yang syndrome, when diaphoresis cannot induce thorough perspiration, the remaining pathogenetic factors will transmit into the Greater Yang Channel. When the pathogenetic factor rests on the Channel, it will bear Exterior symptoms. When the pathological condition invades the Bowels, it will be a case of "Stomach Excess" (see Clause 180).

#### CLAUSE 186

Febrile disease caused by Cold: On the third day, when the Greater Yang syndrome comes, the pulse is huge (1).

#### NOTES

1. According to the chapter "On Febrile Diseases" from *Plain Questions* in the *Canon of Medicine*, it is "the second day of Greater Yang." Therefore this clause should read: "On the second day when the Greater Yang comes." Also, in the treatise, chapter on the Lesser Yang, it reads: "On the third day comes the Lesser Yang." So this clause should be amended accordingly. Huge pulse here means "grand and huge pulse," which appears frequently in the Greater Yang syndrome as a sign of a strong Body Resistance and an excessive pathological condition.



Wu Qian: For febrile disease caused by Cold: On the first day the pathogenetic factor rests on the Initial Yang; the second day it transmits into the Greater Yang, and the third day into the Lesser Yang. This is what the *Canon of Medicine* says about the order of transmission. It cannot be taken that the second day it must be the Greater Yang, the third day it must be Lesser Yang, etc.

### CLAUSE 187

Febrile disease caused by Cold: A floating and moderate pulse (1) and warmth on hands and feet are the symptoms and signs of the Initial Yin syndrome. The skin should turn yellowish when the pathogenetic factor rests on the Initial Yin Channel. If urination is normal, the skin will not turn yellowish (2). By the seventh or eighth day, when constipation appears, it is a sign that the syndrome has transmitted into the Greater Yang (3).

#### NOTES

1. A floating and moderate pulse without the Exterior symptoms and signs of headache, fever and chill, but with warmth in hands and feet are indications of a pathogenetic factor resting at the Interior.

2. When urination is normal, the Stomach suffers from pathogenetic Dryness. Constipation is thus caused. If there is dysuria, excessive Humidity intermingles with Heat and will then vaporize and turn the skin yellowish. In such a case, there is no pathogenetic Dryness in the Stomach.

3. Wei Litong: When a pathogenetic factor rests on the Initial Yang, pathogenetic Heat intermingles with Humidity at the Interior. That will turn the skin yellowish. When urination is normal, the skin will not turn yellowish. But there must be a way out for the pathogenetic factor. As the Stomach is always the end of the transmission, the pathogenetic factor transmits into it, causing constipation. It is then a case of Greater Yang.

*Acupuncture Points:* Chongyang (ST 42), Gongsun (SP 4), Taibai (SP 3), Fenglong (ST 40).

### CLAUSE 188

A continuous light perspiration will indicate that the syndrome has transmitted into the Greater Yang Channel of febrile disease caused by Cold (1).

#### NOTES

1. Wu Qian: For febrile disease caused by Cold, when the pathogenetic factor transmits into the Greater Yang Channel, no matter whether it comes from the three Yang Channels or from the three Yin Channels, there must be the symptom of

continuous light perspiration. Only when such a symptom is observed can diagnosis be made accordingly.

### CLAUSE 189

Febrile disease caused by Wind, Greater Yang syndrome: If there exists the following symptoms and signs, a purgative is prohibited: a bitter taste in the mouth and a parched throat (1), abdominal distention and light dyspnea (shortness of breath) (2), and fever and chill with a floating-tense pulse (3). In such a case, abdominal distention and dysuria will result (4) if a purgative is adopted.

#### NOTES

1. Symptoms of the Lesser Yang Channel.
2. Symptoms of the Greater Yang Channel.
3. Symptoms of the Initial Yang Channel.

4. A purgative is prohibited with a combination of the syndromes of the three Yang Channels. If it is adopted, it will lead the pathogenetic factor to further invade the Interior.

Cheng Zhi: This clause warns that when the Greater Yang syndrome also bears the Exterior syndrome of the Initial Yang and Lesser Yang, a purgative should not be used to disperse the syndrome. If a purgative is adopted, it will lead the Exterior pathological condition to invade the Interior, so abdominal distention is further aggravated. When the Body Fluid is heavily exhausted, there will be dysuria.

*Acupuncture Points:* Zulinqi (GB 41), Waiguan (SJ 5), Zhongwan (RN 12), Tianshu (ST 25), Qihai (RN 6), Zhongji (RN 3).

### CLAUSE 190

Greater Yang syndrome: If the patient has good intake of food, it is called "the Greater Yang syndrome caused by Wind" (1). If there is anorexia, it is called "the Greater Yang syndrome caused by Cold" (2).

#### NOTES

1. "Greater Yang syndrome caused by Wind," or "*Zhongfeng*" in Chinese, means literally "caused by Wind." Here it means, "When Heat prevails in the Stomach, food can be well digested."

2. "Greater Yang syndrome caused by Cold" or "*Zhonghan*" in Chinese, means literally "caused by Cold." Here it means, "When the Yang Vital Energy of the Stomach is in a deficient and cold state, it cannot digest food."

Wu Qian: When the pathological condition comes from febrile disease caused by Wind, the Stomach can digest the food. This is because "Wind" is a pathogenetic fac-

tor of a Yang nature. As "Yang" is characterized by its quality of positivity, progressiveness and movement (see Clause 3 and note), it can help digestion. When the pathogenetic factor comes from febrile disease caused by Cold, it will bring the "Cold" pathological condition to the Stomach. As "Cold" is of a Yin nature, it can only hamper the digestion and bring about anorexia.

### CLAUSE 191

Greater Yang syndrome: If it is caused by Cold, there will be anorexia, and continuous perspiration on the hands and feet. All these symptoms and signs are the indications of a *Gujia* (1), i.e., the defecation is first solid, and then watery. The reason is that the Cold in the Stomach hampers digestion, so the undigested cereals will be mixed with water in the stool (2).

#### NOTES

1. *Gujia* is a kind of digestive tract disease. Symptoms of *Gujia* are defecation with hard feces first, then becoming watery, or hard and watery feces intermingled. This is caused by the Cold syndrome congealing in the Intestine.

2. Therefore undigested cereals (food) are intermingled in the stool.

*Acupuncture Points:* Gongsun (SP 4), Huangshu (KI 16), Shousanli (LI 10), Zusanli (ST 36).

### CLAUSE 192

Greater Yang syndrome: At first, the patient has good intake of food and normal stools, but has dysuria and arthralgia. He becomes feverish time and again, and then suddenly becomes manic with perspiration all over his body, which consequently brings about recovery. This is because the Water pathogenesis cannot conquer the Cereal Vital Energy (1) and slips out together with perspiration. A tense pulse is the indication of recovery (2).

#### NOTES

1. Cereal Vital Energy (*Guqi*) means "Vital Energy produced by cereal." Here it can be understood as Body Resistance.

2. A tense pulse is the indication of recovery: The invasion of the pathogenetic Water (Humidity) is reflected in the pulse being soft and without strength. When the pulse is tense and mighty, it indicates that the Humidity pathogenetic factor has been dispersed and Body Resistance restored.

**CLAUSE 193**

Greater Yang syndrome is likely to heal at approximately three to nine p.m. (1).

**NOTES**

1. See note of Clause 9. Three to nine p.m. are mentioned in the text as *shen* to *wu* (*Shichen*).

**CLAUSE 194**

Greater Yang syndrome: When anorexia is observed, if the remedy of Heat-elimination (antipyretic) is adopted, nausea will occur. This is because the Stomach is deficient and Cold. When the Heat-elimination remedy is used in a deficient case, nausea will result (1).

**NOTES**

1. Lin Lan: A purgative can be adopted for the Greater Yang syndrome with anorexia, delirium and tide-fever, as there must be dry feces at the Interior (Intestine). But there are also syndromes with anorexia caused by Cold and Deficiency of the Stomach. So diagnosis cannot be made only on observation of anorexia. Differentiation should be made according to its etiopathology. If a purgative is adopted for a case of a deficient and Cold type, nausea will occur when the Heat is eliminated. From this we can see that it is not correct to say that all syndromes of the Greater Yang Channel can be treated with a dose of purgative.

*Acupuncture Points:* Weishu (BL 21), Zhongwan (RN 12), Quchi (LI 11), Zusanli (ST 36).

**CLAUSE 195**

Greater Yang syndrome, slow pulse: The patient cannot eat his fill. When he does, he will have an epigastric uneasiness, dizziness, and dysuria. These are the aura of *Gudan* (1). Although a purgative is given, the abdominal distention remains as it is (2). The reason is that the pulse is slow (3).

**NOTES**

1. *Gudan* means literally "Cereal Jaundice." Jaundice is caused by the congelation of the Humidity factors of Water and cereal. Jaundice as discussed in this clause is caused by Stomach Humidity and Cold of a deficient nature.

2. Cheng Yingmao: When indigestion was caused by Stomach Cold and Deficiency, a dose of purgative can only make the Interior Deficiency more severe. Therefore, the abdominal distention remains as it is.

3. A slow pulse indicates the Interior Deficiency and Cold of the Greater Yang

syndrome. Therefore, a purgative should not be adopted for such a syndrome of a deficient nature.

*Acupuncture Points:* Sanjian (LI 3), Wangu (SI 4), Zhongwan (RN 12), Jianli (RN 11).

### CLAUSE 196

The Greater Yang syndrome should have frequent perspiration. But the patient does not perspire and experiences the sensation of worms crawling (1) under his skin. This is caused by a long-time Deficiency (2).

#### NOTES

1. Worms crawling: a sensation of itching. The itching under this clause is caused by a Deficiency of the Body Resistance. The itching under Clause 23 is caused by the Exterior excessive syndrome.

2. A long-time Deficiency here indicates a long-time Deficiency of the Stomach Vital Energy and the exhaustion of the Body Fluid. When the Body Fluid is insufficient, there will be no source for perspiration.

Wang Hu: There is no therapy in this clause. Chang Qizhi suggested Decoction of Ramulus Cinnamomi adding Radix Astragali (*Guizhi Jia Huangqi Tang*). Guo Yong suggested Half Decoction of Ramulus Cinnamomi and Half Herba Ephedrae (*Guizhi Mahuang Ge Ban Tang*, see Clause 23). The above two decoctions are the remedies for the Initial Yang Channel and therefore are not suitable in this case. Since this is a case of Greater Yang syndrome without perspiration, I would suggest Decoction of Radix Puerariae (*Gegen Tang*, see Clause 31) as the remedy.

*Acupuncture Points:* Feishu (BL 13), Zusanli (ST 36).

### CLAUSE 197

Greater Yang syndrome: But there is no perspiration (1). Urination is normal. On the second or the third day, the patient will suffer a headache if he has been vomiting, coughing and feeling cold in the extremities. If he is not nauseous, does not cough and is not cold in the extremities, he will not suffer a headache.

#### NOTES

1. Wu Qian: Greater Yang syndrome should have perspiration as its main symptom. But the patient has no perspiration with normal urination. This is caused by the invasion of Cold into the Interior. Vomiting and coughing on the second or the third day are an indication of the ascending of the pathogenetic Cold. Cold extremities are an indication of the pathogenetic Cold reaching the extremities. When the pathological condition

ascends, there will be coughing and headache. Headache in this case is only an incidental syndrome, while coughing, nausea and cold in the extremities are the symptoms of the fundamental syndrome.\*

Lin Lan: From this clause we can see that there are also cases of cold in the extremities with the Greater Yang syndrome. This is because the Stomach dominates the extremities. When Deficiency and Cold prevail in the Stomach, the extremities will become cold.

Wu Renju: A lack of perspiration is the etiopathology of the symptoms of vomiting, coughing, headache and cold in the extremities.

\*Incidental syndrome and fundamental syndrome: Incidental and fundamental are a pair of conceptions, manifesting the relationship between domination and subordination. They have the following manifestations: etiopathology vs. symptoms; anterior disease vs. later disease; Body Resistance vs. pathogenetic factors; Exterior syndrome vs. Interior syndrome.

<i>Fundamental</i>	<i>Incidental</i>
Body Resistance	Pathogenetic factors
Etiopathology	Symptoms
Anterior disease (primary disease)	Later disease (secondary disease)
Syndrome at lower portion	Syndrome at higher portion
Syndrome at Interior	Syndrome at Exterior

Differentiation of the incidental and fundamental syndromes will provide a basis for correct therapy: an acute syndrome should be treated with priority. A fundamental syndrome should always be considered the main syndrome. (Of course there are exceptions. For example, if the Exterior syndrome is acute, therapy should be to rescue the Exterior syndrome first and then the Interior syndrome.)

*Acupuncture Points:* Touwei (ST 8), Hegu (LI 4), Zhongwan (RN 12), Zhangmen (LR 13).

## CLAUSE 198

Greater Yang syndrome: The patient will suffer from a sore throat if the symptoms and signs of dizziness, coughing, good intake of food, and the absence of chills are observed. If there is no coughing, there will be no sore throat (1).

## NOTES

1. Wu Qian: The Greater Yang syndrome should have a fear of heat, but no fear of cold as its symptom. If the syndrome is transmitted from febrile disease caused by

Cold, there will be anorexia. A good intake of food in the text shows that the syndrome comes from febrile disease caused by Wind. Febrile disease caused by Cold associated with the Cold pathogenetic factor will cause a headache. Wind intermingles with Water-fluid, and there will be vomiting and coughing. In this case, there is no vomiting or coughing but there is a sore throat. This is because Wind is of a Yang nature; when it prevails, Fire (Heat) is also brought up, so the throat is affected by Wind and Fire (Heat), causing a sore throat and a cough.

Fang Youzhi: Dizziness is caused by a pathogenetic Wind which produces eyesight, a moving and swirling sensation before the patient's eyes. A good intake of food and the absence of chills are indications of the prevalence of the Wind syndrome. A cough is brought up by the ascending of the pathological condition. The throat is the entrance of the Stomach. So when Wind and Heat prevail in the Stomach, they will ascend from the Stomach to attack the throat.

*Acupuncture Points:* Shaoshang (LU 11), Shangyang (LI 1), Lieque (LU 7), Zhaohai (KI 6).

## CLAUSE 199

Greater Yang syndrome: Dysuria, restlessness and irritation without perspiration will foretell that the skin is going to turn yellowish (1).

### NOTES

1. This clause deals with the syndrome of the Greater Yang Channel with a congelation of Heat and Humidity, that is sure to turn the skin yellowish. When there is no perspiration for the Greater Yang syndrome, Heat cannot slip out with perspiration from the Exterior. Dysuria will hamper the draining out of Humidity. Vaporization of the intermingled Heat and Humidity will turn the skin yellowish. Vexation and irritation, caused by Heat-Humidity pathogenesis, are signs of jaundice.

*Acupuncture Points:* Chongyang (ST 42), Wangu (SI 4), Daling (PC 7), Waiguan (SJ 5).

## CLAUSE 200

Greater Yang syndrome: When scorching and warming therapy are adopted, a light perspiration on the forehead and dysuria will occur. Then the skin will turn yellowish (1).

### NOTES

1. Scorching and warming therapy adopted to Heat syndrome is certainly an incorrect treatment, which will certainly turn the skin yellowish.

*Acupuncture Points:* Chongyang (ST 42), Taichong (LR 3), Weiyang (BL 39), Wangu (SI 4).

**CLAUSE 201**

Greater Yang syndrome: Floating and tense pulse will indicate a tide-fever which happens at a certain time. If the pulse is merely floating, there will be night sweat (1).

**NOTES**

1. Wu Qian's remark: Spontaneous sweat is a symptom of the Greater Yang syndrome, night sweat is a symptom of the Lesser Yang syndrome. So here it should be "spontaneous sweat."

Wu Qian: The Greater Yang Channel syndrome should have a floating-long pulse;\* the Greater Yang Bowel syndrome should have an excessive-huge pulse. A floating-tense pulse with tide-fever is an indication of the Greater Yang syndrome with febrile disease caused by Cold of the Initial Yang Channel. From this we can tell that the syndrome comes from febrile disease caused by Cold. The therapy should follow febrile disease caused by Cold of the Greater Yang syndrome of the Initial Yang (*Taiyang Yangming*, see Clause 179). Decoction of Herba Ephedrae adding Radix Puerariae is the cure. When there is tide-fever with only a floating pulse, it is a syndrome of the Greater Yang with the pulse of febrile disease caused by Wind of the Initial Yang Channel. The therapy is a dose of Decoction of Ramulus Cinnamomi adding Radix Puerariae.

\*Long pulse: Neither big nor small, the pulse beats softly and moderately with a greater length than any other pulse.

*Acupuncture Points:* Zhigou (SJ 6), Yanglingquan (GB 34), Tianshu (ST 25), Yinxi (HT 6), Zhubin (KI 9).

**CLAUSE 202**

Greater Yang syndrome: When the patient feels a parched throat with a thirst for water, but would only hold the water in his mouth and does not want to swallow (1), he will suffer from epistaxis.

**NOTES**

1. "Hold the water in the mouth and does not want to swallow": To "hold the water in the mouth" is an indication of the ascending of pathogenetic Heat. That the patient "does not want to swallow" indicates that the pathogenetic Heat is in the Blood, which will speed up Blood circulation in an abnormal way and likely cause epistaxis; whereas a "great thirst for water and an ample drink of water" would be an indication of Heat affecting the Vital Energy. Differentiation should be made accordingly.

*Acupuncture Points:* Chengjiang (RN 24), Zhaohai (KI 6), Kongzui (LU 6), Jiaoxin (KI 8).



**CLAUSE 203**

Greater Yang syndrome: Diaphoresis is adopted with a patient who is having spontaneous perspiration. When the syndrome is gone, a light restlessness still remains. That is because there is constipation caused by Dryness of the Stomach owing to loss of Body Fluid. He passes urine three to four times a day. When the urination is only two times a day, it can be predicted that he will make stool. The reason is that when there is less urination, Body Fluid will return to the Stomach (and Intestine). So he will defecate (1).

**NOTES**

1. Constipation is caused mainly by two reasons: congelation of Heat or exhaustion of the Body Fluid. Decoction of Greater *Chenggqi* syndrome is caused by congelation of Heat (see Clause 208). The syndrome under this clause is caused by exhaustion of the Body Fluid. Fructus Cannabis Pill is the curative (see Clause 247).

**CLAUSE 204**

Febrile disease caused by Cold: When the patient has repeated nausea and vomiting, a purgative is prohibited even though the Greater Yang syndrome is observed (1).

**NOTES**

1. "Repeated nausea and vomiting" indicates the existence of the Lesser Yang syndrome. When a purgative is adopted, the pathogenetic Heat will move downward, causing diarrhea.

Shen Mingzong: Nausea with fever and chills comes from the Initial Yang; nausea with intermittent fever and chills (see Clause 96) originates from the Lesser Yang; nausea with a fear of heat but no fear of cold comes from the Greater Yang. Repeated nausea and vomiting indicates that the pathogenetic factor is resting on the Upper Portion of the Body Cavity with the Lesser Yang syndrome. Thus, even though Greater Yang symptoms are observed, no purgative should be adopted.

*Acupuncture Points:* Weishu (BL 21), Zusanli (ST 36), Danshu (BL 19), Waiguan (SJ 5).

**CLAUSE 205**

Purgative should not be adopted with the Greater Yang syndrome with hardness and fullness under the heart (in the epigastrium) (1). If a purgative were adopted, repeated diarrhea would occur. Diarrhea that does not come to an end will foretell a fatal case. When diarrhea comes to a halt, it is a sign of recovery (2).

## NOTES

1. "Hardness and fullness in the epigastrium," but not fullness in the rest of the abdomen and without pain, would be an indication of a pathogenetic factor resting at the Upper Portion of the Body Cavity. It is a hardness and fullness of a deficient nature. Therefore, a purgative is prohibited.

2. "Diarrhea that does not come to an end will foretell a fatal case": That is because continuous diarrhea will bring about a total exhaustion of the Stomach Vital Energy. When diarrhea stops, it serves as a sign of recovery of Vital Energy in the Stomach.

Wang Hu: Blocked-up Chest also bears the symptoms of hardness and fullness in the epigastrium. Then what is the difference? Blocked-up Chest does not only bear the symptoms of hardness and fullness in the epigastrium, but also bears the symptoms of pain, which is an indication of Stomach Excess. So a purgative can be adopted. In this case there is no pain, so it is a hardness and fullness of a deficient type. It is similar to Decoction of Rhizoma Pinelliae *Xiexin* (see Clause 149) syndrome. A purgative is prohibited.

*Acupuncture Points*: Gongsun (SP 4), Neiguan (PC 6), Jianli (RN 11), Shangwan (RN 13).

## CLAUSE 206

A purgative should not be adopted with the Greater Yang syndrome with a flushed face (1). If it is adopted, there will be fever, yellowish skin and dysuria.

## NOTES

1. A "flushed face" is an indication of the Greater Yang Channel syndrome. It is not a Bowel syndrome with fullness, hardness and pain in abdomen, and a lack of stool. Therefore a purgative should not be given. Otherwise the purgative will hurt the Stomach and Spleen. Then Water and Humidity will stagnate and intermingle with the pathogenetic Heat which has just invaded the Interior. Vaporization of Water-Humidity and Heat will cause a fever, dysuria and a yellowish skin.

*Acupuncture Points*: Hegu (LI 4), Lidui (ST 45), Yangjiao (GB 35), Waiguan (SJ 5).

## CLAUSE 207

Greater Yang syndrome: No emetic or purgative has been adopted, but the patient feels restless. Decoction of *Tiaowei Chengqi* (see Clause 29) can be adopted to eliminate the restlessness (1).

## NOTES

1. The restlessness mentioned here is caused by the pathogenetic Heat in the

Stomach. It is different from the restlessness after the adoption of a purgative or emetic, which is a restlessness of a deficient nature. Decoction of Fructus Gardeniae and Semen Sojae Praeparatum (see Clause 76) can be adopted in a case with restlessness of a deficient nature.

*Acupuncture Points:* Neiting (ST 44), Quchi (LI 11), Zusanli (ST 36), Zhaohai (KI 6).

### CLAUSE 208

Greater Yang syndrome, slow pulse: The following symptoms and signs will indicate that the Exterior syndrome is disappearing and a purgative can be adopted to eliminate the Interior syndrome: The patient has perspiration without chills, feels heavy in movement, is short of breath, and has dyspnea, abdominal distention and a tide-fever. When the patient sweats all over the hands and feet, it can be diagnosed what constipation is taking shape (1). Decoction of Greater *Chengqi* can be adopted. If there is much perspiration with a slight fever and a chill, it will indicate that the Exterior syndrome has not yet gone. (One edition says the therapy is the adoption of Decoction of Ramulus Cinnamomi). Before a tide-fever is observed, Decoction of *Chengqi* should not be given. Decoction of Lesser *Chengqi* is a curative for the syndrome with a severe case of abdominal distention and no stool. This is to harmonize the Stomach Vital Energy, rather than an acute drastic, which would cause repeated diarrhea.

### NOTES

1. Fang Youzhi: Because the Spleen and Stomach dominate the extremities, when there is sweat over the hands and feet, it can be diagnosed that there is Dryness and Excess in the Stomach which has vaporized the Body Fluid and turned it into sweat over hands and feet. Therefore, there must be constipation.

Lin Lan: Purgative seems to be suitable for the Greater Yang syndrome with the symptoms and signs of a slow pulse, perspiration without chills, heaviness in movement, shortness of breath, dyspnea, and abdominal distention. But only when tide-fever (an indication of the subsidence of Exterior syndrome) and sweat on hands and feet (an indication of constipation) are observed, can Decoction of Greater *Chengqi* be adopted to eliminate the syndrome. Otherwise, although there is ample perspiration, if the fever and chill remain, it will be a case with the Exterior syndrome. When the fever is not a tide-fever and the sweat is not over the hands and feet, how can Decoction of *Chengqi* be adopted as an elimination of the Heat syndrome? Even if there is a severe case of abdominal distention and constipation, only Decoction of Lesser *Chengqi* can be adopted as a harmonizer so that the patient will not suffer repeated diarrhea. Why? A slow pulse\* does not indicate that the adoption of a purgative is necessary. So even if

there is a congelation of Heat at the Interior, Decoction of Greater *Chengqi* is still not applicable to the case.

\*Slow pulse is a pulse of a Yin and deficient nature.

*Acupuncture Points:* Lidui (ST 45), Shangyang (LI 1), Tianshu (ST 25), Shangjuxu (ST 37), Dachangshu (BL 25), Zhigou (SJ 6), Zhaohai (KI 6), Yanglingquan (GB 34), Hegu (LI 4), Jinmen (BL 63).

Decoction of Greater *Chengqi*  
(*Da Chengqi Tang*):

Radix et Rhizoma Rhei	4 <i>liang</i>
Cortex Magnoliae Officinalis	0.5 <i>jin</i>
Fructus Aurantii Immaturus	5 <i>pcs.</i>
Natrii Sulfas	3 <i>ge</i>

Stew Cortex Magnoliae Officinalis and Fructus Aurantii Immaturus in one *dou* of water till five *sheng* are left. Filter the decoction and put Radix et Rhizoma Rhei into it and stew till two *sheng* are left. Filter the decoction and put Natrii Sulfas into the decoction and stew for a while. Take the medicine when lukewarm in two doses. When defecation occurs, stop taking the rest of the decoction.

*Explanation of the Prescription:* Decoction of Greater *Chengqi*, an acute drastic, is used to eliminate the extreme Excess and Heat with the presentation of all the syndromes of Vital-energy Stagnancy, fullness, Dryness, and Excess. Radix et Rhizoma Rhei, bitter and cold, serves to eliminate the excessive pathological condition and drain the congelation of Heat.

## CASES

Case 1 (29 p. 157): Acute Intestinal Obstruction

Male patient, 28, first treatment on September 16, 1961. Abrupt abdominal distention and pain accompanied by repeated vomiting lasted a whole day. Other symptoms and signs included anorexia, abdominal pain aggravated by pressure, but without fever or chill. Intestinal booming sound was audible. Tongue was covered with thick, yellow coating. Pulse was deep, slippery and mighty. There was no stool within two days. Urine was scanty and red. It was an acute case of abdominal obstruction. Decoction of Greater *Chengqi* was given:

Radix et Rhizoma Rhei (stewed later)	12 grams
Fructus Aurantii Immaturus	12 grams
Cortex Magnoliae Officinalis	15 grams
Natrii Sulfas Exsiccatu (melt in the decoction)	9 grams
Semen Raphani	9 grams

The decoction was served in the morning. At 7:00 p.m. the same day, watery stool accompanied by repeated flatus occurred twice. Abdominal pain, nausea and vomiting

were all reduced. Further treatment to harmonize the Interior was given before a full recovery was made.

Case 2 (29 p. 158): Acute Appendicitis

Female patient, 36, first treatment on February 16, 1980. The patient was retained in a county's hospital (surgical department) for a week as she had been suffering from abdominal pain and high fever. The surgeon made an examination and concluded the case was either an acute appendicitis or an abdominal obstruction. An operation was suggested. The patient was reluctant to have the operation and returned home temporarily to spend the Spring Festival with her family. A few days later, she had a high fever, with paroxysmal abdominal pain around the umbilicus. No stool was reported in the past few days. Anorexia was accompanied by nausea. Sweat was found on palms of hands and feet. Mouth bitterness and dry, yellow and thick tongue coating were present. Pulse was deep, excessive and mighty. Urgent purgative was needed:

Radix et Rhizoma Rhei (stewed later)	5 grams
Natrii Sulfas Exsiccatus (melt in the decoction)	6 grams
Cortex Magnoliae Officinalis	12 grams
Fructus Aurantii Immaturus Praeparata	15 grams
Mel (melt in the decoction)	30 grams
Herba Taraxaci	30 grams
Pill of Fructus Cannabis* (wrapped in a cloth bag)	20 grams
Caulis Lonicerae	30 grams

The second treatment on February 17. The patient reported that while the decoction was taken the previous afternoon, hard and black stools were defecated in small quantity last night. At midnight fever went down significantly, but went up again in the morning. Abdominal pain was greatly reduced. Pulse and tongue coating remained the same. Another purgative was prescribed:

Radix et Rhizoma Rhei (stewed later)	4 grams
Natrii Sulfas Exsiccatus (melt in the decoction)	5 grams
Fructus Aurantii Praeparata	10 grams
Cortex Magnoliae Officinalis	10 grams
Herba Patriniae	20 grams
Fructus Forsythiae	10 grams
Caulis Sargentodoxae	20 grams
Semen Persicae	12 grams
Cortex Moutan Radicis	8 grams
Mel	30 grams
Caulis Lonicerae	20 grams

After taking one dose of the above decoction, stools were defecated twice. Abdominal pain disappeared and fever dropped. The patient began to feel hungry. Further treatment was given to harmonize the Interior for a full recovery.

\*See Clause 247.

## Case 3 (22 p. 100): Abdominal Distention and Pain After Operation

Male patient, 35. Three days before, the patient had an operation because he was suffering from acute gangrenous appendicitis. He was now having symptoms of abdominal obstruction with abdominal distention, paroxysmal pain, anorexia, constipation, borborygmus, distention and pain in the lower abdomen, especially on the left. Pulse was tight and speedy. Tongue coating was yellow, dry and thick.

Diagnosis: This was a case caused by the Interior Excess and Heat with stagnation of Blood and Vital Energy. Decoction of Greater *Chengqi* adding Radix Scutellariae was prescribed. Half an hour after taking the decoction, the patient vomited so enema was given. Not long after the therapy was given, there was a large bowel movement. All the symptoms greatly subsided. The next day another enema was given after which bowel movements returned to normal and the patient recovered from the ailment.

## Case 4 (22 p. 102): Indigestion

Male child, 5. His mother told the doctor that the child had had abdominal pain, for about nine days. He was having uneasy sleep, and did not speak, cry and want to eat. His eyes were sunken, and he was seemingly suffering from a serious illness. Lips were dry and purple; tongue coating was yellow. Dyspnea was evident. Temperature was 37.9 °C; urine was yellow and there was no stool. When abdomen was pressed the child experienced pain. Pulse was soft and strengthless when pressed lightly, but grew deep, slow and mighty when pressed deeply. This was caused by the obstruction of indigestion which hampered the normal functioning of the Spleen and the Stomach. It was a case of Interior Excess. Decoction of *Chengqi* was the right cure:

Radix et Rhizoma Rhei	9 grams
Natrii Sulfas (melt in the decoction)	6 grams
Cortex Magnoliae Officinalis	4.5 grams
Fructus Aurantii Immaturus	4.5 grams
Fructus Hordei Germinatus	9 grams
Fructus Crataegi	6 grams

After taking two doses of the above decoction the syndrome subsided gradually.

## Case 5 (22 p. 108): Schizophrenia

Male patient, 23, had been suffering from a mental disorder for three years. The patient was restless, had allophasia, insomnia and behaved in a insane manner. Physicians made the diagnosis of schizophrenia. From 1967 to 1970, the patient became worse and more maniac.

Treatment: Acupuncture on points: Sizhukong (SJ 23), Zhongwan (RN 12), Renzhong (DU 26) and Baihui (DU 20). Decoction of Greater *Chengqi* with additions and subtractions was also given, one dose each day. Intramuscular injection of chlorpromazine was given each evening. After such treatment for some 20 days, he was fully recovered. No recurrence was reported in the following seven years.

Decoction of Lesser *Chengqi*  
(*Xiao Chengqi Tang*):

Radix et Rhizoma Rhei	4 <i>liang</i>
Cortex Magnoliae Officinalis	2 <i>liang</i>
Fructus Aurantii Immaturus	(big ones) 3 pcs.

Stew the above drugs in four *sheng* of water till one *sheng* two *ge* are left. Filter the decoction and take it in two doses. After the first dose, the patient should defecate. If not, finish the rest of the dose. When defecation occurs stop taking the decoction.

*Explanation of the Prescription:* Decoction of Lesser *Chengqi* serves as a purgative, a bit less acute than Decoction of Greater *Chengqi*, to eliminate Excess and Heat with the presentation of the whole syndrome of Vital-energy Stagnancy, fullness, and Excess with Dryness. Radix et Rhizoma Rhei eliminates the excessive Heat. Cortex Magnoliae Officinalis and Fructus Aurantii Immaturus eliminate fullness, stagnancy and abdominal distention.

### CASES

Case 1 (22 p. 110): Dysentery

Male patient, 30, first treatment on July 12, 1953. The patient had fever, restlessness and thirst, with flushed face and red eyes. Lower abdomen was affected by an acute pain with tenderness. Repeated diarrhea with red and foul feces and tenesmus occurred a dozen times a day. Tongue was dark red with purple edge and dry-yellow coating. Pulse was excessive and speedy. This was a case caused by intensive Interior Heat, which should be eliminated with Decoction of Lesser *Chengqi*:

Radix et Rhizoma Rhei	15 grams
Cortex Magnoliae Officinalis	9 grams
Fructus Aurantii Immaturus	9 grams
Semen Raphani	12 grams

Three doses of the above decoction cured the ailment.

Case 2 (12. p. 104): Epidemic Encephalitis B

Male patient, 28, was retained in hospital after he received the diagnosis of epidemic encephalitis B. The attack commenced six days ago. Temperature was 40.3 °C. Pulse was deep-speedy and mighty. Abdomen was found to be full and a bit hard. The patient retched repeatedly and had pink eyes. No sweating was reported. The patient was also restless, with irritative extremities, seemingly developing into a state of insanity. He was also delirious and depressed, with cold extremities. The previous day, the patient had diarrhea with watery stools of black color. This was a diarrhea intermingled with Heat caused by the pathogenetic factors resting at the Greater Yang Channel, but it was not yet a case with great Excess and Fullness. So, Decoction of Greater *Chengqi* could not be given. Instead, Decoction of Lesser *Chengqi* was to be given to harmonize

the Interior. After taking the decoction all the symptoms were gone.

Case 3 (18 p. 264): Infantile Pneumonia

Female patient, 4, had severe coughing, dyspnea and coma and was sent to the hospital. The diagnosis was acute pneumonia. Antibiotics, hydrocortisone, transfusion and oxygen therapies were given, but the disease did not seem to improve. Toxic intestinal paralysis was also present. Other symptoms and signs were: fever, asthma, thirst, constipation, abdominal distention, yellow tongue coating and speedy pulse. Diagnosis was made, as accumulation of sputum and Heat had obstructed the normal functioning of the Lung with Interior condensed Heat in the Bowels. Treatment was the combination of Decoction of Lesser *Chengqi* and Decoction of Herba Ephedrae, Semen Armeniacae Amarum, Gypsum Fibrosum and Radix Glycyrrhizae. After taking the decoction, there was a defecation and the syndrome subsided.

Case 4 (18 p. 263): Dysentery

Male patient, 35, farmer. Improper intake of food in late summer caused diarrhea. In the last five days, stools were greasy and bloody, some twenty times a day. Other symptoms and signs included abdominal pain and distention, suffocating feeling, tenderness, tenesmus, fever, thirst, slippery-speedy and mighty pulse, dry, yellow and thick tongue coating and smelly mouth. A previous doctor prescribed two doses of Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis,\* which did not seem to work. This was a case of Interior Excess and Heat, which should be treated with a purgative. Decoction of Lesser *Chengqi* was the right cure:

Radix et Rhizoma Rhei	12 grams
Cortex Magnoliae Officinalis	6 grams
Fructus Aurantii Immaturus	9 grams
Rhizoma Coptidis	3 grams

After taking one dose there was a good bowel motion, with reduced tenesmus and fever. After the second dose the syndrome was completely gone.

\*See Clause 34.

## CLAUSE 209

Greater Yang syndrome: Decoction of Greater *Chengqi* can be adopted in cases with tide-fever and slight constipation. If there is no constipation, Decoction of Greater *Chengqi* cannot be given.

In case the patient has no stool for six or seven days, there is the possibility of formation of stercoroma. A little dose of Decoction of Lesser *Chengqi* could serve as a test: After taking the decoction, when the patient passes flatus (1), there must be stercoroma. Then a drastic can be adopted.



Decoction of Lesser *Chengqi*  
(*Xiao Chengqi Tang*):

Radix et Rhizoma Rhei	4 <i>liang</i>
Cortex Magnoliae Officinalis	2 <i>liang</i>
Fructus Aurantii Immaturus	(big ones) 3 pcs.

Stew the above drugs in four *sheng* of water till one *sheng* two *ge* are left. Filter the decoction and take it in two doses. After the first dose, the patient should defecate. If not, finish the rest of the dose. When defecation occurs stop taking the decoction.

*Explanation of the Prescription:* Decoction of Lesser *Chengqi* serves as a purgative, a bit less acute than Decoction of Greater *Chengqi*, to eliminate Excess and Heat with the presentation of the whole syndrome of Vital-energy Stagnancy, fullness, and Excess with Dryness. Radix et Rhizoma Rhei eliminates the excessive Heat. Cortex Magnoliae Officinalis and Fructus Aurantii Immaturus eliminate fullness, stagnancy and abdominal distention.

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Radix et Rhizoma Rhei	12 grams
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After taking one dose there was a good bowel motion, with reduced tenesmus and fever. After the second dose the syndrome was completely gone.

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In case the patient has no stool for six or seven days, there is the possibility of formation of stercoroma. A little dose of Decoction of Lesser *Chengqi* could serve as a test: After taking the decoction, when the patient passes flatus (1), there must be stercoroma. Then a drastic can be adopted.

If there is no passing of flatus after taking Decoction of Lesser *Chengqi*, it would foretell a constipation initially followed by watery stool. In such a case, a purgative is prohibited. A dose of purgative will cause abdominal distention and anorexia. The patient will become nauseated when he drinks water, even if he is thirsty (2).

Or if the patient has a fever afterwards, his stercoroma must be hard and small. Decoction of Lesser *Chengqi* will be a harmonizer. Be careful not to use a purgative when there is no passing of flatus.

#### NOTES

1. Pass flatus: When there is an extreme Dryness and Heat in the Stomach and Intestine, the Vital Energy cannot move downward. A little dose of Decoction of Lesser *Chengqi*, although not strong enough to move the bowels, can yet dredge through a little, letting flatus pass by. This is a way to test for stercoroma in the Intestine.

2. A purgative will hurt the Stomach Vital Energy, which will in turn hamper the digestion in the Stomach. When the Stomach is weak in its action, further intake of water (Humidity factor) will be mingled with the deficient Stomach Vital Energy (Cold factor) and cause the nausea.

#### CLAUSE 210

Delirium occurs in a syndrome of the excessive type. *Zhengsheng* (1) occurs in a syndrome of the deficient type. When the patient has staring eyesight, delirium, dyspnea, and fullness, it will indicate a fatal case (2). Diarrhea will also indicate a fatal case (3).

#### NOTES

1. *Zhengsheng*: Deficiency in the Heart's spiritual activity causes the loss of control over speech; thus the patient is reluctant to speak, and speaks in a low voice with inversion and repetition. Such a symptom is called *Zhengsheng*.

2. Staring eyesight, delirium, dyspnea and fullness indicate a fatal case: They are symptoms of evanescence of the Vital Energy at the Upper Portion of the Body Cavity. Thus it is a fatal case.

3. Delirium and diarrhea will also indicate a fatal case: When the Spleen loses control of the Water-fluid, and the Vital Energy sinks to the Lower Portion of the Body Cavity, delirium and diarrhea will result. This also will be a fatal case.

*Acupuncture Points*: Yongquan (KI 1), Shaochong (HT 9), Shenmen (HT 7), Dazhong (KI 4).

#### CLAUSE 211

Diaphoresis adopted in the case of a patient who has already had ample perspiration would cause a loss of Yang and delirium. A short

pulse (1) indicates a fatal case. Pulse in harmony (2) will indicate a case that can be rescued.

#### NOTES

1. Short pulse: A pulse short in length and quick to disappear. This is a pulse of a Yin nature. When the syndrome with delirium of a Yang nature has such a Yin pulse, it will end fatally.

2. Pulse in harmony: The syndrome of delirium (of an excessive nature) should have as its corresponding pulse a tight-excessive or grand-slippery one. When the above pulse appears, it is called a "pulse in harmony," which will not indicate a fatal case.

Wang Hu: Delirium with a short pulse is an indication of strong pathogenetic Heat against weak Body Resistance. It is a Yang syndrome with a Yin pulse, which is always a case difficult to rescue.

*Acupuncture Points:* Yongquan (KI 1), Laogong (PC 8), Tongli (HT 5), Fuli (KI 7).

#### CLAUSE 212

Febrile disease caused by Cold: The syndrome is not gone after adoption of an emetic or a purgative. There is no stool for five to six days, or even ten days, with tide-fever in the afternoon but no chill. The patient speaks to himself (1) in an insane manner. In a serious case, the patient becomes unconscious to people around him and subconsciously touches his clothes and bed in terror; he also has a slight dyspnea and staring eyesight. A tight pulse (2) will indicate a curable case, while a hesitant pulse (3) is the sign of a fatal case. In a less serious case with only fever and delirium, Decoction of Greater *Chengqi* can be adopted as a curative. If the first dose induces defecation, stop taking the rest of the decoction.

#### NOTES

1. "Speaks to himself": delirium.

2. Tight pulse\* indicates that the Yang Vital Energy is not completely evanescent. Thus the patient can still be rescued.

3. A hesitant pulse indicates that the Yin Vital Essence is completely exhausted. Thus the case will be a fatal one.

\*Zhao Sizhen's remark: "Tight pulse" here should be "slippery pulse," as a slippery pulse is a Yang pulse, directly comparable to a hesitant pulse, which is of a Yin nature.

*Acupuncture Points:* Shixuan (Extra 30), Zhigou (SJ 6), Yanglingquan (GB 34), Zhaohai (KI 6), Chengjiang (RN 24).

**CLAUSE 213**

Greater Yang syndrome: Exhaustion of the Body Fluid caused by profuse perspiration will bring Dryness to Stomach. Consequently, hard feces will take shape, and then delirium will occur. Decoction of Lesser *Chengqi* is the remedy. When the first dose stops the delirium, the second dose should not be taken (1).

**NOTES**

1. After the delirium stops, the further intake of Decoction of Lesser *Chengqi* will hurt the Body Resistance.

Zhang Lu: Delirium with profuse perspiration requires an urgent adoption of a purgative. But an acute drastic should not be adopted, as the Body Fluid has been exhausted by profuse perspiration. Decoction of Lesser *Chengqi* is used to harmonize the Stomach Vital Energy. Then delirium will come to a stop. More administration of purgative will further exhaust the Body Fluid.

*Acupuncture Points:* Dachangshu (BL 25), Shangjuxu (ST 37), Lieque (LU 7), Zhaohai (KI 6).

**CLAUSE 214**

Greater Yang syndrome with delirium, tide-fever and swift-slippery pulse (1): Decoction of Lesser *Chengqi* should be adopted in such a case. If a one *sheng* dose of the decoction will bring about the passing of flatus, take another dose of one *sheng*. In case there is no passing of flatus, do not take the second dose. If there is no stool the second day and a feeble and hesitant pulse appears, it can be diagnosed that it is a case of a deficient nature, which is a case difficult to rescue (2). Decoction of *Chengqi* is no longer applicable.

**NOTES**

1. Swift pulse: A pulse more speedy than a speedy pulse, it beats seven or eight times during a breath.

2. Wu Qian: A feeble and hesitant pulse is an indication of an Interior Deficiency. When Deficiency prevails, there will be no Vital Energy that is strong enough to move the constipation. Thus the case is a difficult one to rescue.

*Acupuncture Points:* Yemen (SJ 2), Zhaohai (KI 6), Chengjiang (RN 24).

**CLAUSE 215**

Greater Yang syndrome with delirium and tide-fever: If the patient has anorexia (1), there must be five to six pieces of stercoroma in the Stomach (2). Decoction of Greater *Chengqi* can be used as a drastic. When the patient has good intake of food, the feces are only hard (3).

## NOTES

1. Anorexia is caused by exhaustion of the Body Fluid in the Stomach by pathogenetic Heat and dried feces in the Intestine.
2. "Stomach" here means "Intestine."
3. Decoction of Lesser *Chengqi* can be adopted in such a case.

*Acupuncture Points:* Hegu (LI 4), Tianshu (ST 25), Dachangshu (BL 25), Zhigou (SJ 6), Qihai (RN 6).

## CLAUSE 216

Greater Yang syndrome with delirium and excretion of Blood (1) would indicate that pathogenetic Heat has invaded the Blood Cavity (2). When there is sweat only over the head, a puncture on acupoint Qimen (LR 14) will let out the Excess. Then thorough perspiration will lead to recovery.

## NOTES

1. Excretion of Blood: According to *Translation of Treatise*, p. 133, there are two explanations: 1) stercorrhagia, and 2) menstruation.

Wu Qian: In the case of a female patient, there will be the syndrome of an "Invasion of Heat into the Blood Cavity" (*Renu Xueshi*) during her menstruation period. For males, there will also be the syndrome of an "Invasion of Heat into the Blood Cavity," manifested by delirium and gastrointestinal bleeding (stercorrhagia).

2. Blood Cavity (*Xueshi*): See Clause 143.

*Acupuncture Points:* Qimen (LR 14), Baihui (DU 20), Taichong (LR 3).

## CLAUSE 217

Perspiration with delirium would indicate the shaping of ster-coroma in the Stomach (Intestine). It is caused by pathogenetic Wind (1). When the Initial Yang syndrome is dispersed, then a drastic, Decoction of Greater *Chengqi*, can be adopted. If a drastic is given too early, insane language (2) will occur. This is because the patient has a deficient Exterior and an excessive Interior (3).

## NOTES

1. When a pathogenetic Wind invades the Interior, it will evolve into Heat. Such Heat will exhaust the Body Fluid, causing constipation and delirium.
2. "Insane language" is a more serious case than "delirium."
3. "Deficient Exterior and excessive Interior" is caused by the invasion of an Exterior pathological condition into the Interior.

*Acupuncture Points:* Taichong (LR 3), Hegu (LI 4), Zhigou (SJ 6), Tianshu (ST 25), Shangjuxu (ST 37).

**CLAUSE 218**

Febrile disease caused by Cold, four or five days, with a deep pulse, dyspnea and fullness: A deep pulse indicates that the syndrome is at the Interior. But diaphoresis is adopted in such a case. Exhaustion of the Body Fluid will cause constipation. When such a case with a deficient Exterior and excessive Interior lasts a long time, delirium will occur (1).

**NOTES**

1. Zhang Lu: On the fourth or fifth day of febrile disease caused by Cold, it is just the time for the inward invasion of pathogenetic Heat. A deep pulse is the proof. If diaphoresis is adopted on such occasion, delirium and constipation must appear, which seems to be a Decoction of Greater *Chengqi* syndrome. But, as profuse perspiration has exhausted the Body Fluid and the syndrome is not a severe case of hardness and fullness with pain, thus Decoction of Lesser *Chengqi* will be quite all right in this case.

*Acupuncture Points:* Shanzhong (RN 17), Qihai (RN 6), Yongquan (KI 1), Dadun (LR 1).

**CLAUSE 219**

A combination of the syndromes of the three Yang (1) with symptoms and signs of abdominal distention, a heavy feeling in movement, difficulty in turning round, a lack of taste, a dusty face, delirium and incontinence of urine: In this case, if diaphoresis is adopted, the patient will become fiercely delirious. Or, if a purgative is given, sweat over the forehead and coldness on the extremities will occur. When there is spontaneous perspiration, Decoction of *Baihu* can be prescribed to fit the case (2).

**NOTES**

1. A combination of the syndromes of the three Yang Channels bears the following symptoms and signs mentioned in this clause:

“Incontinence of urine” — Initial Yang syndrome;

“Difficulty in turning round” — Lesser Yang syndrome;

• All the other symptoms and signs belong to the Greater Yang syndrome.

2. Wang Hu: How can Decoction of *Baihu* disperse the pathogenetic Heat of the three Yang Channels simultaneously? The answer is that when spontaneous perspiration is observed, it can be diagnosed that both the Initial and Lesser Yang syndromes are transmitting into the Greater Yang Channel. Thus the therapy should be the elimination of the pathogenetic Heat of the Greater Yang syndrome.

*Acupuncture Points:* Hegu (LI 4), Fuli (KI 7), Quchi (LI 11), Neiting (ST 44).

**CLAUSE 220**

Overlapping of the syndromes of the two Yang (1): When the Initial Yang syndrome is gone, the patient has tide-fever, slight perspiration over hands and feet (2), constipation, and delirium. A dose of drastic, Decoction of Greater *Chengqi*, can be adopted to eliminate the syndrome.

**NOTES**

1. Before the Initial Yang syndrome is gone, the Greater Yang syndrome appears.
2. "Slight perspiration over hands and feet": This is a sign of Stomach pathogenetic Heat and the formation of stercoroma.

*Acupuncture Points:* Jixi (ST 41), Dachangshu (BL 25), Zhigou (SJ 6), Yangjiao (GB 35).

**CLAUSE 221**

Greater Yang syndrome, with a floating and tense pulse (1): The patient has a parched throat, bitterness in the mouth, dyspnea, and abdominal distention. He is feverish, perspires, fears heat but not cold, and feels a heaviness in moving his body (2). If diaphoresis is adopted in such a case, the patient will become restless, irritable, and delirious. When warm needle acupuncture is practiced, the patient will suffer insomnia, restlessness, irritation and fright. If a dose of purgative is given, the Stomach will be emptied and the pathogenetic factor will invade the diaphragm, causing restlessness and irritation. When the tongue is coated (3), Decoction of Fructus Gardeniae and Semen Sojae Praeparatum can be adopted to dispel the above syndrome.

**NOTES**

1. Floating and tense pulse: A floating pulse indicates that the Interior Heat is easing out from the Exterior. A tense pulse is an indication of a severe Interior pathological condition.
2. From "the patient has a parched throat ..." to "and feels a heaviness in moving his body," are the symptoms and signs of the Greater Yang Channel syndrome with Interior Heat. The adoption of diaphoresis, the practice of warm needle acupuncture, and the adoption of a purgative when no constipation is observed are all incorrect. Complications will result. See Clauses 221, 222 and 223 for the respective therapies.
3. The coating should be a light yellowish color.

*Acupuncture Points:* Juque (RN 14), Daling (PC 7), Taixi (KI 3).



**CLAUSE 222**

Decoction of *Baihu* adding *Radix Ginseng* (1) suits the case when there is a parched tongue and throat, and thirst.

**NOTES**

1. See Clause 26.

*Acupuncture Points:* Lidui (St 45), Shangyang (LI 1), Yangxi (LI 5), Jinmen (BL 63).

**CLAUSE 223**

Decoction of *Polyporus Umbellatus* suits the following symptoms and signs: a floating pulse, fever, thirst, and dysuria (1).

**NOTES**

1. Differentiation of Clauses 221, 222 and 223: When the Greater Yang syndrome is incorrectly treated, there will be three types of adverse cases as shown in the above three clauses: namely, in Clause 221, when pathogenetic Heat disturbs the chest and diaphragm at the Upper Portion of the Body Cavity, Decoction of *Fructus Gardeniae* and *Semen Sojae Praeparatum* will be the curative; in Clause 222, when the Heat of the Greater Yang Channel exhausts the Body Fluid in the Middle Portion of the Body Cavity, Decoction of *Baihu* adding *Radix Ginseng* will be the remedy; in Clause 223, when the pathogenetic Heat and Water-fluid are at the Lower Portion of the Body Cavity, Decoction of *Polyporus Umbellatus* can be adopted to eliminate the syndrome.

*Acupuncture Points:* Taixi (KI 3), Yinlingquan (SP 9), Shuiquan (KI 5), Xingjian (LR 2).

Decoction of *Polyporus Umbellatus*  
(*Zhuling Tang*):

<i>Polyporus Umbellatus</i>	1 <i>liang</i>
<i>Poria</i>	1 <i>liang</i>
<i>Rhizoma Alismatis</i>	1 <i>liang</i>
<i>Colla Corii Asini</i>	1 <i>liang</i>
<i>Talcum</i>	1 <i>liang</i>

Stew the above drugs in four *sheng* of water till two *sheng* are left. Filter the decoction and put *Colla Corii Asini* into it till it melts. Take three doses a day of seven *ge* each dose.

*Explanation of the Prescription:* This decoction serves as a remedy to moisten the Dryness and drain Water. *Polyporus Umbellatus*, sweet and plain, and *Rhizoma Alismatis*, salty and cold, both have the function of facilitating urination and draining

the Humidity from the Kidney and Urinary Bladder. Poria, sweet and plain, facilitates urination and drains the Humidity from the Upper and Lower Portions as well as from the Exterior and Interior. Colla Corii Asini, sweet and mild, nourishes the Yin Vital Essence, moistens Dryness, and quenches thirst.

## CASES

### Case 1 (29 p. 214): Pyelonephritis

Female patient, 47, first treatment on April 5, 1956. The patient had been suffering from repeated attacks of pyelonephritis for many years. Antibiotics had been given, but no obvious improvement had been achieved. Four days prior to the first treatment, the patient was caught in rain and began to feel chills and fever the next day. The following symptoms and signs developed: incontinence of urine, lumbago, hematuria, intermittent chills and fever, temperature 39 °C, which became higher at dusk, anorexia, nausea, pain on head and extremities, mouth bitterness, red tongue covered with yellow-white thick coating, tight and speedy pulse. Decoction of Radix Bupleuri and Ramulus Cinnamomi (see Clause 146) with additions was prescribed to disperse the Exterior pathogenetic factors:

Ramulus Cinnamomi  
 Radix Scutellariae  
 Radix Ginseng  
 Radix Glycyrrhizae Praeparata  
 Rhizoma Pinelliae  
 Radix Paeoniae  
 Fructus Ziziphi Jujubae  
 Rhizoma Zingiberis Recens  
 Radix Bupleuri

adding:

Poria  
 Rhizoma Atractylodis Macrocephalae  
 Polyporus Umbellatus

Second treatment on April 7. After taking two doses of the above decoction, fever subsided and all the other Exterior symptoms were significantly reduced. However, the following symptoms were still present: Lumbago, incontinence of urine with urodynia, restlessness, and insomnia with slight night sweats. Tongue was red covered with thin coating, tight, slender and speedy pulse. The Exterior syndrome had gone. It had turned into a case with Interior Yin Deficiency and Heat. Decoction of Polyporus Umbellatus was given to deal with the root cause:

Polyporus Umbellatus	10 grams
Poria	10 grams
Rhizoma Alismatis	10 grams
Talcum	24 grams
Colla Corii Asini (melt in the decoction)	10 grams

Third treatment on April 12. After taking three doses of the above decoction, there was a great improvement. After taking another seven doses of the above decoction, the patient recovered fully.

Case 2 (29 p. 214): Insomnia and Diarrhea After Childbirth

Female patient, 35, began to have diarrhea right after giving birth to a child. Tonics had been given as the case was thought to be of a deficient nature. But it did not get better. Pulse was deep and slightly slippery. Tongue was dark red, covered with thin and yellow coating. The patient was also thirsty. At the first treatment it was diagnosed as diarrhea of the Greater Yin. Decoction of *Radix Pulsatillae* (Clause 371) was given:

*Radix Pulsatillae*  
*Cortex Phellodendri*  
*Rhizoma Coptidis*  
*Cortex Fraxini*

However, the decoction did not seem to work. The next day when the patient came to see the doctor, she reported that she was having insomnia, coughing, swollen legs, dysuria and three to four bowel movements every day without mucus and pus or tenesmus. The doctor thought of Clause 319, which could be taken as the basis of treatment. So Decoction of *Polyporus Umbellatus* was given:

<i>Polyporus Umbellatus</i>	10 grams
<i>Poria</i>	10 grams
<i>Rhizoma Alismatis</i>	10 grams
<i>Talcum</i>	10 grams
<i>Colla Corii Asini</i>	10 grams

After taking five doses of the above decoction, urination returned to normal and diarrhea stopped. All the other symptoms subsided.

Case 3 (12 p. 329): Stone in Renal Pelvis

Mr. Pan, 36, a farmer and merchant, an addict of alcohol and meat, had a sudden acute pain in the area around left waist in a summer day of 1955. Pain was dragging along ureter to urinary bladder and urethra. The patient began to have irritable bladder, nausea, vomiting and cold sweats. Soon he was in a coma, which lasted half an hour. Then the pain disappeared but the patient felt very tired. Since then he has always had lumbago on the left. There was another attack in September the same year when the patient was working hard. On April 13, the next year, there was an acute attack and the doctor was sent for. Decoction of *Polyporus Umbellatus* was prescribed. After taking two doses, a piece of stone as big as a soya bean was found in the urine. Another two doses was given to consolidate. No recurrence was reported in the following two years.

Case 4 (12 p. 329): Anuria

Ms. Kan, 23, developed anuria soon after delivery. The retention caused pain and

distention in lower abdomen. The patient was restless and irritable and wanted to drink water, but dared not. Diuretics had been given, but did not seem to work. Catheterization reduced the ailment more or less, but the practice made the patient feel a severe pain in the urethra, so she went to consult a Chinese medical doctor. Diagnosis: tongue was red without coating. Pulse was very grand and speedy. The disease was caused by the imbalance of Yin and Yang when the Blood was deficient after labor. Vaporization of the Urinary Bladder lost its function when Water and Heat were intermingled. Therapy was to nourish the Yin so as to facilitate the circulation of water (urine). Decoction of Polyporus Umbellatus with additions of Radix Linderae and Fructus Foeniculi was prescribed. After taking one dose urine returned to normal. After taking the second decoction, ample urination reduced the retention and distention. The disease was gone after the third dose was given.

#### CLAUSE 224

Greater Yang syndrome: Decoction of Polyporus Umbellatus should not be adopted in cases with thirst and profuse perspiration. The reason is that when the Stomach is dried up by profuse perspiration, the patient cannot stand a diuretic, such as Decoction of Polyporus Umbellatus, which would further exhaust the Body Fluid (1).

#### NOTES

1. Decoction of Polyporus Umbellatus, a diuretic, is prohibited in cases with a loss of Body Fluid.

*Shanghai Lun Yushi:* The symptom of thirst in the Decoction of Polyporus Umbellatus syndrome originates from the stagnant circulation of Water when Deficiency in Yin and Heat was prevailing. But Yin Deficiency is not the main cause. Failure of vaporization of Water is the main cause. So Decoction of Polyporus Umbellatus can be adopted to facilitate and smooth the Water circulation. Thirst was thus quenched. But if the thirst is caused by exhaustion of Body Fluid, Decoction of Polyporus Umbellatus can never be used. The case described in the clause is a thirst caused by shortage of Body Fluid, an outcome of profuse perspiration, so Decoction of Polyporus Umbellatus cannot be practiced. In other words, the function of Decoction of Polyporus Umbellatus is to smooth the urination.

In the table on the following page, Decoction of Polyporus Umbellatus, a prescription of Heat-elimination, or febrifugal therapy, is compared with other two febrifugal methods in the treatise.

#### CLAUSE 225

Decoction of *Sini* (1) suits the syndrome with the following symptoms and signs: a floating and slow pulse, Exterior Heat with Interior Cold (2), and diarrhea with undigested cereals.

TABLE 42. DECOCTION OF POLYPORUS UMBELLATUS  
COMPARED WITH TWO RELATED DECOCTIONS

Prescription	Location of disease	Symptoms and signs	Pathology	Taboos
I*	Upper Portion	Warm extremities, hungry but cannot eat, restlessness, coated tongue, sweat only on head	Heat congealed in chest and diaphragm	Patients who have diarrhea
II	Middle Portion	Parched mouth, dry tongue, restlessness, thirst, profuse perspiration	Rampant Heat has hurt the Body Fluid	Patients with Exterior syndrome and those without excessive Interior Heat
III	Lower Portion	Dysuria, fever, floating pulse	Yin Deficiency with Heat, stagnant Water circulation	Those with profuse perspiration those with Stomach Dryness (lack of Body Fluid)

\* Prescription I—Decoction of Fructus Gardeniae and Semen Sojae Praeparatum (Clause 76)

Prescription II—Decoction of *Baihu* adding Radix Ginseng (Clause 26)

Prescription III—Decoction of Polyporus Umbellatus (Clause 223)

## NOTES

1. Decoction of *Sini*: See Clause 29.

2. Exterior Heat with Interior Cold: It is termed "false Heat, real Cold." There should also be perspiration and a fear of heat as the symptoms of false Exterior Heat. A slow pulse and diarrhea containing undigested cereals are indications of real Interior Cold.

Wang Hu: The Greater Yang Channel syndrome should include an excessive and long pulse. The pulse mentioned in the text is only floating. It is an indication of a pathogenetic Heat congealing at the Exterior. The Greater Yang Bowel syndrome should include speedy pulse. But here the pulse is slow. It is an indication of an extreme Interior Cold with the symptom of diarrhea containing undigested cereals, which is considered to be a grave case of extreme Interior Cold. Decoction of *Sini* is therefore applicable.

*Acupuncture Points*: Gongsun (SP 4), Zusanli (ST 36), Guanyuan (RN 4), Shenque (RN 8).

**CLAUSE 226**

Anorexia with Deficiency and Cold in the Stomach will cause regurgitation when water is drunk (1).

**NOTES**

1. Anorexia is an indication of Stomach Deficiency and Cold. The conflict between the water just drunk and the Stomach pathogenetic Water and Cold is likely to cause regurgitation.

Yu Chang: According to set principles of therapy, Interior syndrome should be rescued first when there is Exterior Heat and Interior Cold.

Wang Hu: The therapy should be the adoption of a decoction with warm and hot quality drugs. (Such as Decoction of *Lizhong*, see Clause 386 and Decoction of *Sini*, see Clause 29.)

*Acupuncture Points:* Gongsun (SP 4), Neiguan (PC 6), Zhongwan (RN 12).

**CLAUSE 227**

Epistaxis will occur when there is a floating pulse, fever, a parched mouth and nasal cavity, and a good intake of food (1).

**NOTES**

1. This is a case of the Greater Yang Channel syndrome with excessive Heat. A good intake of food indicates the prevalence of pathogenetic Heat in the Stomach. When the Interior Heat ascends abnormally, epistaxis is likely to occur.

*Shanghan Lun Yushi:* Annotators had different understandings towards the epistaxis occurred when the patient had a good intake of food. To sum up, their arguments can be concluded as follows:

First, it shows the powerful functioning of the Stomach Vital Energy;

Second, Heat prevails in the Stomach. Pathogenetic factors are rampant. But the Body Resistance is also strong. So the Heat may probably leak out with the epistaxis.

*Remark:* Clauses 221-227 discuss possible complications of the Greater Yang syndrome in the case of erroneous treatments. The syndrome may change into syndromes of deficient, excessive, Cold or Heat natures as shown in the above clauses respectively. Reading the clauses one after another may aid one's understanding.

*Acupuncture Points:* Lidui (ST 45), Zhiyin (BL 67), Xiajuxu (ST 39), Rangu (KI 2).

**CLAUSE 228**

Greater Yang syndrome: After a dose of purgative is adopted, the patient has an Exterior fever, restlessness, irritation, and warmth on the

hands and feet without a Blocked-up Chest. He is unable to take food when he feels hungry and perspires only over the head (1). Decoction of Fructus Gardeniae and Semen Sojae Praeparatum (2) will be the curative (3).

#### NOTES

1. All the symptoms and signs are caused by the remaining pathogenetic Heat in chest and diaphragm, which is a consequence of a too-early adoption of a purgative.

2. See Clause 76.

3. Greater Yang syndrome with Interior Excess (stercoroma) can only be treated with purgatives. When a purgative is adopted, stercoroma can be dispersed and Heat eliminated. But if the Interior Heat and Excess is not yet taking shape (stercoroma has not formed), adoption of a purgative will be a malpractice. In such cases, pathogenetic Heat cannot be dispersed. Instead, complications may arise. Most common of them is a Decoction of Fructus Gardeniae and Semen Sojae Praeparatum syndrome — the remaining Heat resting at diaphragm and chest is causing troubles such as restlessness, irritation, anorexia, hungry but cannot take food. Sweat only on head is an indication showing that the pathogenetic Heat is vaporized to the top. Therefore, Decoction of Fructus Gardeniae and Semen Sojae Praeparatum is the right cure. (11 p. 945)

*Acupuncture Points:* Hegu (LI 4), Fulu (KI 7), Rangu (KI 2), Ximen (PC 4).

#### CLAUSE 229

Greater Yang syndrome: Decoction of Lesser Radix Bupleuri suits the following symptoms and signs: Tide-fever, watery stool, normal urination, and fullness in the chest and the costal region (1).

#### NOTES

1. The Greater Yang syndrome with tide-fever should bear the symptoms of constipation and frequent urination. When there is no constipation and the urination is normal, it can be diagnosed that the pathogenetic Heat at the Interior is not in an excessive state. The syndrome described in this clause is a combination of the syndromes of Greater Yang and Lesser Yang. But the Lesser Yang syndrome is the main syndrome. So Decoction of Lesser Radix Bupleuri (see Clause 96) is adopted to disperse the main syndrome.

*Acupuncture Points:* Waiguan (SJ 5), Waiguan (GB 36), Quchi (LI 11), Zusanli (ST 36).

#### CLAUSE 230

Greater Yang syndrome: Decoction of Lesser Radix Bupleuri suits a case with hardness and fullness below the costal region, vomiting, no stool, and a white coating on the tongue. When the Vital Energy re-

sumes its normal movement at the Upper Portion of the Body Cavity, the Body Fluid will flow downward to harmonize the Stomach. There will be thorough perspiration and then recovery (1).

#### NOTES

1. The above symptoms are all of the Lesser Yang syndrome except "no stool." A white coating on the tongue indicates that the pathological condition is resting at the half-Interior and half-Exterior. Thus Decoction of Lesser Radix Bupleuri is used to harmonize the syndrome.

Cheng Yingmao: Hardness and fullness below the costal region, vomiting, and no stool are symptoms of Decoction of Greater Radix Bupleuri syndrome. Why is Decoction of Lesser Radix Bupleuri adopted? This is because the tongue coating is white, which serves as an indication of the Exterior pathogenetic Cold.

*Acupuncture Points:* Zulinqi (GB 41), Waiguan (SJ 5).

#### CLAUSE 231

Greater Yang syndrome caused by Wind: Symptoms and signs: a tight, floating and huge pulse, shortness of breath, abdominal distention, pain at the subcostal region and epigastrium, a feeling of suffocation after long pressure, and a parched nasal cavity. The patient does not perspire and likes to lie in bed. His skin and eyes turn yellowish. There are also symptoms and signs of dysuria, tide-fever, repeated nausea, and swelling in front and back of the ears.

Therapy: When acupuncture is adopted, the syndrome eases slightly. But Exterior syndrome is not gone. After approximately ten days, if the pulse is still floating, Decoction of Lesser Radix Bupleuri can be adopted (1).

#### NOTES

1. This clause deals with a combination of the syndromes of the three Yang Channels. A tight pulse indicates the Lesser Yang syndrome. A floating pulse is a sign of the Initial Yang, whereas Greater Yang is manifested by a huge pulse. The following symptoms also belong respectively to the three Yang Channels: Greater Yang syndrome — shortness of breath, abdominal distention, a parched nasal cavity, yellowish skin and eyes, tide-fever, nausea, and "likes to lie in bed." Lesser Yang syndrome — pain at the subcostal region and epigastrium, a feeling of suffocation after long pressure, dysuria, and swelling at the front and back of the ears. Initial Yang syndrome — no perspiration. When a pathogenetic Heat of the three Yang Channels congeals at the Interior, acupuncture therapy is adopted to eliminate the Interior Heat.

Cheng Yingmao: "The patient does not perspire" is the key point of the syndrome. Thus either Decoction of Radix Bupleuri or Decoction of Herba Ephedrae can be adopted to dredge through the Vital Energy and bring about perspiration.



**CLAUSE 232 (1)**

A floating pulse with no other syndrome (2) can be treated with a dose of Decoction of *Herba Ephedrae*. It would be a fatal case if there were abdominal distention, nausea, and no urination (3).

**NOTES**

1. This clause is a continuation of Clause 231.
2. Syndrome: Here it stands for the Interior syndrome.
3. Abdominal distention, nausea, and no urination indicate evanescence of the Stomach Vital Energy and obstruction of the movement of the Vital Energy among the Three Portions of the Body Cavity. Under such condition, the pathogenetic factor cannot find its way out. Thus it is a fatal case.

*Acupuncture Points* (for Clauses 231 and 232): Zusanli (ST 36), Daying (ST 5), Jiache (ST 6), Tinghui (GB 2), Yangchi (SJ 4), Hegu (LI 4), Zulinqi (GB 41), Weizhong (BL 40).

**CLAUSE 233**

Greater Yang syndrome with spontaneous perspiration: After the adoption of diaphoresis, when urination is normal, exhaustion of the Body Fluid will occur. Although there is constipation, no purgative should be adopted (1). When the patient wants to make stool, a constipation-dredging therapy can be adopted. Honey (Mel), root of cucumber (*Radix Trichosanthis Cucumeroidis*) or pig bile can be used as a constipation-dredging medication.

**NOTES**

1. Cheng Wuji: Constipation is caused by exhaustion of the Body Fluid. As it is not a case caused by Heat congelation, a purgative is not applicable. Constipation-dredging therapy can be adopted.

Constipation-dredging Therapy with Honey (Mel)

(*Mi Jian Fang*):

Stew seven ge of honey in a copper container till it is like a soft sweetmeat. Make a conical-shaped pill and put it when lukewarm into the anus. Take it out before stool.

*Commentary*: It is doubtful whether this is a therapy from Zhang Zhongjing's original text. But it has been proven efficacious by clinical observation.

Constipation-dredging Therapy with Pig Bile

(*Zhu Danzhi Dao Fa*):

Select a large pig's gall bladder and make a hole to let the bile out. Then mix it with some vinegar. The whole thing can be used as an enema.

Therapy of Cucumber Root (*Radix Trichosanthis Cucumeroidis*)  
(*Tuguagen Fang*):

Prescription is missing.

*Explanation of the Therapies:* The above constipation-dredging therapies suit the case when the patient wants to make stool but cannot have the stool owing to a loss of Body Fluid by profuse perspiration and a deficient state of the Vital Energy, with a slow and weak pulse under the ring-finger. It is generally understood that the constipation-dredging therapy with Honey suits cases caused by an exhaustion of the Body Fluid. Constipation-dredging therapy with pig bile suits cases caused by excessive pathogenetic Heat.

*Acupuncture Points:* Dachangshu (BL 25), Pishu (BL 20), Taixi (KI 3), Feiyang (BL 58).

## CLAUSE 234

Greater Yang syndrome with a slow pulse, ample perspiration (1), and light chill would indicate that the Exterior syndrome is not yet dispersed. A dose of diaphoretic, Decoction of *Ramulus Cinnamomi* (2), can be adopted to dispel the syndrome.

### NOTES

1. Wu Qian's remark: The word "fever" should be inserted here. If there is no "fever" here, it would be a case of deficient Yang Vital Energy at the Exterior. Consequently, it is not Decoction of *Ramulus Cinnamomi*, but it is Decoction of *Ramulus Cinnamomi* adding *Radix Aconiti Praeparata* (see Clause 20) which should be adopted to the case.

2. Wang Hu: Some people commented that although therapy should follow the Initial Yang syndrome in the treatment of the above case, since it is said to be a Greater Yang syndrome, therapy should be adoption of Decoction of *Ramulus Cinnamomi* adding *Radix Puerariae* (see Clause 14).

## CLAUSE 235

Greater Yang syndrome with a floating pulse and dyspnea without perspiration: A dose of diaphoretic, Decoction of *Herba Ephedrae*, will be the curative.

*Remark:* Clauses 234 and 235 discuss the syndrome of Initial Yang which has just transmitted into the Greater Yang Channel and the relevant therapies. If symptoms of excessive Interior Heat with thirst and a fear of Heat are observed, neither Decoction of *Ramulus Cinnamomi* nor Decoction of *Herba Ephedrae* can be adopted.

*Acupuncture Points* (for Clauses 234 and 235): Wangu (SI 4), Jinggu (BL 64), Weizhong (BL 40), Dazhui (DU 14), Fengchi (GB 20), Hegu (LI 4).

### CLAUSE 236

Greater Yang syndrome: When there is fever and perspiration, Yellowishness (Jaundice) will not result as Heat has leaked out together with perspiration. If there is perspiration only over the head, dysuria, and thirst, it will indicate congelation of the Interior Heat and the skin will turn yellowish. Decoction of *Herba Artemisiae Scopariae* will be the remedy.

Decoction of *Herba Artemisiae Scopariae*  
(*Yinchenhao Tang*):

<i>Herba Artemisiae Scopariae</i>	6 <i>liang</i>
<i>Fructus Gardeniae</i>	14 pcs.
<i>Radix et Rhizoma Rhei</i>	2 <i>liang</i>

Stew *Herba Artemisiae Scopariae* in one *dou* and two *sheng* of water till six *sheng* are left. Put the rest of the herbs into it and stew till three *sheng* are left. Filter the decoction and take three doses. Urination should return to normal after taking the decoction. The color of the urine is reddish. After one night, abdominal distention is reduced. The Yellowishness (Jaundice) leaks out from the urine.

*Explanation of the Prescription:* This decoction is a curative for Yang Yellowishness (Yang Jaundice).<sup>\*</sup> It eliminates Heat and drains Humidity. *Herba Artemisiae Scopariae* is the main herb for the cure of Yellowishness. Together with *Fructus Gardeniae*, it eliminates Heat and drains Humidity, thus enabling the Yellowishness to leak out from urine. *Radix et Rhizoma Rhei* will lead pathogenetic Heat and Humidity to evacuate with defecation, as it has the function of eliminating Heat and moving the bowels.

<sup>\*</sup>Yang Yellowishness (*Yang Huang*): Yellowishness caused by the vaporization of the congealed Interior pathogenetic Heat and Humidity. Skin color is bright yellow, as bright as orange. Stagnant Humidity at Interior causes dysuria, whereas congelation of pathogenetic Heat will cause abdominal distention. Yang Yellowishness always has the symptoms and signs of body fever and slippery-speedy pulse or soft-speedy pulse. Yin Yellowishness, as mentioned in Clause 195, is caused by Humidity, Stomach Cold, and Deficiency. There will be no body fever.

According to *CM Terminology*, pp. 182-183, Yang Yellowishness is generally an acute disease with such symptoms and signs as fever and chills at the beginning, a bright yellow color of the skin, face and eyes, bitterness and a parched mouth, chest oppression with nausea, abdominal distention and constipation, starchy and reddish urine, a reddish tongue with a thick yellowish coating, and a tense and speedy pulse. The above symptoms and signs often appear to a case of acute icteric infectious hepatitis, or leptospirosis.

Cheng Yingnao: Perspiration only over the head is an indication of the congelation of pathogenetic Heat. Because the head is the beginning of all Yang Channels, Heat congeals on the head and vaporizes into perspiration. When Vital Energy cannot move downward, dysuria results. Dryness of the Bowels causes thirst. No perspiration on the body is a proof of the congelation of Heat; no perspiration with normal urination indicates a syndrome of a Cold nature; no perspiration with dysuria indicates a syndrome of Heat-Humidity congelation. When Heat and Humidity intermingle and cannot find a way out, they will vaporize into Yellowishness (Jaundice).

*Acupuncture Points:* Wangu (SI 4), Yanglingquan (GB 34), Jiaoli (RN 11), Zhangmen (LR 13).

### CASES

Case 1 (18 p. 288): Acute Hepatitis of Ictero Type

Mr. Zheng, 36, had been suffering from vertigo, depression, fatigue and restlessness for the past ten days. His sclera and body skin turned yellowish. Other symptoms and signs included: restlessness and thirst, irritation, anorexia, suffocating feeling in the epigastrium, pain on the right rib, distention in the lower abdomen, scanty and reddish urine and constipation. Examination of the hepatic function was as follows:

Icterus index: 30  
 Zinc turbidity test: 17  
 Thymol turbidity test: 12  
 Flocculation reaction: + + +  
 Glutamic oxaloacetic transaminase: 500

Tongue was red, covered with greasy and yellow coating; pulse was tight-speedy. This was a case of Jaundice caused by the vaporization of accumulating Humidity and Heat, with Heat as the main factor. Decoction of *Herba Artemisiae Scopariae* was prescribed:

<i>Herba Artemisiae Scopariae</i>	15 grams
<i>Fructus Gardeniae</i>	9 grams
<i>Radix et Rhizoma Rhei</i> (stewed later)	15 grams
<i>Cortex Phellodendri</i>	9 grams
<i>Radix Curcumae</i>	6 grams

After taking seven doses of the above decoction, Yellowishness subsided. Urine became light yellow and quantity increased. In the second treatment, *Radix et Rhizoma Rhei* was reduced to six grams and the following was added: nine grams of *Fructus Setariae Germinatus* and nine grams of *Fructus Hordei Germinatus*. The decoction was given daily. After such treatment for half a month, the syndrome was almost gone. Finally, the following decoction was prescribed:

*Radix Glehniae*  
*Radix Ophiopogonis*  
*Radix Rehmanniae*



felt comfortable in chest and ribs and wanted to take food. Stool was still loose and watery. Urine was yellowish and reddish. The second prescription was given in the following way:

Herba Artemisiae Scopariae	18 grams
Fructus Gardeniae	6 grams
Cortex Phellodendri	4.5 grams
Poria	12 grams
Polyporus Umbellatus	6 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Rhizoma Alismatis	6 grams
Pericarpium Citri Reticulatae	4.5 grams
Radix Glycyrrhizae	3 grams
Fructus Ziziphi Jujubae	5 pcs.

Four doses of the above decoction improved the patient's appetite. Stools became normal, but the yellowishness on the sclera still remained. A fever was detected in the afternoon. The prescription was made as follows:

Herba Artemisiae Scopariae	12 grams
Fructus Gardeniae	6 grams
Cortex Phellodendri	4.5 grams
Poria	9 grams
Polyporus Umbellatus	6 grams
Rhizoma Atractylodis Macrocephalae	6 grams
Rhizoma Alismatis	6 grams
Pericarpium Citri Reticulatae	4.5 grams
Flos Loniceræ	12 grams
Radix Cynanchi Atrati	9 grams
Medulla Tetrapanacis	3 grams
Radix Glycyrrhizae	3 grams
Fructus Ziziphi Jujubae	5 pcs.

After another four doses were consumed, all the symptoms, except a bit of uneasiness on the right rib, were gone. The following prescription was given to consolidate:

Radix Bupleuri	4.5 grams
Radix Paeoniae Praeparata	6 grams
Radix Angelicae Sinensis	6 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Poria	9 grams
Fructus Gardeniae	4.5 grams
Cortex Phellodendri	1.5 grams
Radix Glycyrrhizae	3 grams
Herba Menthae	1.5 grams
Rhizoma Zingiberis Recens	1 slice

## Case 3 (18 p. 291): Fulminant Hepatitis

Mr. Lin, 24, had had progressive fatigue, yellow pupils and yellowish urine for more than 20 days, and had been continuously sleeping for four days. The local clinic treated him as hepatitis of ictero type, but the disease only got worse. The patient kept on sleeping, with watery stool, anorexia and dimness of vision. Diagnosis made by Western medicine suggested a case of fulminant hepatitis; that made by Chinese medicine was an acute Jaundice. Decoction of *Herba Artemisiae Scopariae* with additions was prescribed:

<i>Herba Artemisiae Scopariae</i>	45 grams
<i>Fructus Gardeniae</i>	12 grams
<i>Rhizoma Polygoni Cuspidati</i>	30 grams
<i>Herba Hyperici Japonici</i>	30 grams
<i>Rhizoma Atractylodis</i>	12 grams
<i>Cortex Magnoliae Officinalis</i>	9 grams
<i>Rhizoma Acori Graminei</i>	9 grams
<i>Radix Curcumae</i>	9 grams
<i>Fructus Hordei Germinatus</i>	30 grams

Three doses were given. All the symptoms subsided significantly. More than 30 doses of the above decoction with alterations were given before a full recovery was reached.

## Case 4 (18 p. 292): Acute Cholecystitis

Ms. Jin, 67, was retained in hospital on August 24, 1975 as she suddenly had an acute pain in the right epigastrium with tenderness, parched throat and bitter mouth, nausea, vomiting of yellow saliva, yellow sclera, chill, fever (39.5 °C). There was a distention in the lower abdomen and no stool within four days. Urine was red and yellow, with burning sensation; pulse was tight-speedy; tongue was red covered with greasy yellow coating. This was a case caused by the malfunction of both the Liver and the Gall Bladder and accumulation of Humidity-Heat. Decoction of *Herba Artemisiae Scopariae* and Decoction of Greater *Radix Bupleuri* (see Clause 103) were combined in the following decoction:

<i>Herba Artemisiae Scopariae</i>	30 grams
<i>Radix et Rhizoma Rhei</i>	9 grams
<i>Natrii Sulfas Exsiccatus</i> (melt in decoction)	9 grams
<i>Radix Aucklandiae</i>	6 grams
<i>Herba Lysimachiae</i>	30 grams
<i>Herba Taraxaci</i>	15 grams
<i>Radix Scutellariae</i>	9 grams
<i>Rhizoma Pinelliae</i>	9 grams
<i>Caulis Bambusae in Taeniam</i>	9 grams
<i>Fructus Gardeniae</i>	9 grams
<i>Radix Bupleuri</i>	9 grams
<i>Fructus Aurantii Immaturus</i>	12 grams

After taking two doses of the above decoction, temperature dropped to 38.2 °C. Epigastric pain was greatly reduced. Vomiting stopped. Yellowishness was fading from the sclera. Two stools were passed with black feces. Urine increased in quantity. In the second treatment the same decoction was prescribed, deleting *Rhizoma Pinelliae* and *Caulis Bambusae* in *Taeniam* only. Another three doses cured the ailment.

Case 5 (18 p. 292): Gallstone

Female patient, 69, had had an acute pain for 10 hours below the right rib. Diagnosis was made in the hospital of cholelithiasis. Treatment was to promote the functioning of the Liver and the Gallbladder and elimination of Heat so as to disperse the stone. Prescription: Decoction of *Herba Artemisiae Scopariae* adding Power of *Xiaoyao*\* and *Herba Lysimachiae*. After such treatment for about a week, an oval stone of 1.7 × 0.8 cm. was expelled.

\*Power of *Xiaoyao* (*Xiaoyao San*): *Radix Bupleuri*, *Radix Angelicae Sinensis*, *Rhizoma Atractylodis Macrocephalae*, *Poria*, *Radix Glycyrrhizae Praeparata*, *Rhizoma Zingiberis*, *Herba Menthae*.

## CLAUSE 237

Greater Yang syndrome: When the patient is amnesic, there must be Blood stasis. The reason is that the long period of Blood stasis causes amnesia. Although the feces are hard, the patient defecates easily with melena. Decoction of *Didang* (1) will be the curative.

## NOTES

1. See Clause 124.

Zhang Zhicong: Blood stasis of the Initial Yang syndrome is at the Urinary Bladder, so diagnosis is made according to the state of the urine. Blood stasis of the Greater Yang syndrome is at the Stomach and Intestine, so whether there is melena will serve as an indication of the syndrome.

*Acupuncture Points*: Siman (KI 14), Zhongzhu (KI 15), Taiyuan (LU 9), Shenmen (HT 7), Baihui (DU 20).

## CLAUSE 238

After a purgative is given for the Greater Yang syndrome, restlessness and irritation occur. If there is stercoroma in the Stomach (i.e. Intestine), a purgative can be adopted. A purgative cannot be given if there is constipation at first, followed by watery stool and a slight abdominal distention. If there is stercoroma, Decoction of Greater *Chengqi* can be adopted (1).



## NOTES

1. After a purgative has been adopted, if there is abdominal distention and frequent urination with no stool, it can be diagnosed that the remaining stercoroma in the Intestine is becoming hard again, thus Decoction of Greater *Chengqi* can be adopted.

*Acupuncture Points:* Dachangshu (BL 25), Shangjuxu (ST 37), Tianshu (ST 25), Neiting (ST 44), Zhaohai (KI 6), Jianshi (PC 5), Sanyinjiao (SP 6).

## CLAUSE 239

For five to six days in succession, the patient has not defecated, but has pain around the navel (1) and restlessness appearing at certain times (2). All these are indications of the formation of stercoroma (3), which hampers the normal stool for five to six days.

## NOTES

1. Pain around the navel is caused by the hindrance of stercoroma in the Intestine.  
2. Restlessness appearing at certain times: Restlessness appears together with tide-fever, which happens in the afternoon.

3. Diagnosis of stercoroma is made according to the following symptoms and signs, as described in the previous clauses: tide-fever, delirium, perspiration on hands and feet, passing flatus, etc. This clause adds "pain around the navel" for diagnosis of the stercoroma.

*Acupuncture Points:* Huangshu (KI 16), Tianshu (ST 25), Daheng (SP 15), Dachangshu (BL 25).

## CLAUSE 240

After fever and restlessness are dispersed by the adoption of diaphoresis, the patient again has fever in the afternoon, like malaria. This will indicate that the syndrome has transmitted into the Greater Yang Channel. A drastic, Decoction of Greater *Chengqi*, can be adopted in a case with excessive pulse. A diaphoretic, Decoction of Ramulus Cinnamomi (1), can be given in a case with a floating and deficient pulse (2).

## NOTES

1. See Clause 12.

2. Cheng Zhi: When diaphoresis has dispersed the restlessness and fever, it can be diagnosed that the syndrome of the Initial Yang Channel is about to evanesce. Then comes a fever as in malaria. This is an indication of the pathological condition transmitting into the Greater Yang Channel. Although the syndrome has transmitted into the Greater Yang Channel, differentiation has to be made according to the pulse to

decide whether the Initial Yang syndrome still remains. An excessive pulse is an indication of the Greater Yang syndrome, and a purgative is applicable. If the pulse is floating-deficient, it is a symptom complex of the Greater Yang and Initial Yang. Diaphoresis should be adopted to disperse the Exterior syndrome.

### CLAUSE 241

After the adoption of a drastic, the patient has no stool for six to seven days, restlessness, abdominal distention, and pain. It can be diagnosed that there must be stercoroma, which was caused by a long period of indigestion (1). Decoction of Greater *Chengqi* is the remedy.

#### NOTES

1. Long period of indigestion: As the patient has no stool for six to seven days, the food taken during these days turns into indigestion and then into stercoroma.

Cheng Zhi: After the adoption of a drastic, the syndrome should have been eliminated. But the patient has no stool for six or seven days, and has restlessness, abdominal distention, and pain. This is caused by the remaining stercoroma, which is formed by the intermingling of indigestion and Heat.

*Acupuncture Points:* Zhongwan (RN 12), Tianshu (ST 25), Dachangshu (BL 25), Neiting (ST 44), Sanjian (LI 3).

### CLAUSE 242

Stercoroma can be diagnosed according to the following symptoms and signs: dysuria, stool that is sometimes difficult and sometimes easy, a light fever, dyspnea, and vertigo which makes the patient unable to lie in bed quietly. Decoction of Greater *Chengqi* can be used as a drastic (1).

#### NOTES

1. Wang Sanyang: Before a drastic is adopted, an examination should be made to find out whether there is a hard mass in the abdomen and the area around the navel. Also an examination should be performed to check for the symptoms of dyspnea and vertigo that make the patient unable to lie in bed quietly. Why? This is because the stool is sometimes difficult and sometimes easy.

Lin Lan: General practice in diagnosing stercoroma is to examine the urination. When urination is normal, there must be constipation. But symptoms of light fever, dyspnea, and vertigo that makes the patient unable to lie quietly abed are proof of stercoroma. So even if there is dysuria, a drastic should be adopted urgently to eliminate the stercoroma.

Wang Hu: Cheng Wuji said that the general law is that when urination is normal, there must be constipation. But in this case in which there is dysuria, how can it be diagnosed as constipation? This is because when the case is in an extremely excessive

and full state, both urination and defecation are blocked. That is the case with this clause.

*Acupuncture Points:* Zhigou (SJ 6), Yanglingquan (GB 34), Hegu (LI 4), Fenglong (ST 40).

### CLAUSE 243

Nausea after taking food is a Greater Yang syndrome (1). Decoction of Fructus Evodiae can eliminate the nausea. If nausea is becoming more acute after taking the decoction, the syndrome is at the Upper Portion of the Body Cavity (2).

#### NOTES

1. That is the Greater Yang syndrome with Cold and Deficiency in Stomach.

2. Decoction of Fructus Evodiae is a curative of the Cold and deficient syndrome of the Middle Portion of the Body Cavity. When nausea is aggravated after taking the decoction, it indicates that pathogenetic Heat is at the Upper Portion of the Body Cavity. Therefore, nausea is aggravated by the rejection of the pathogenetic Heat at the Upper Portion of the Body Cavity to Decoction of Fructus Evodiae, which is warm in quality.

Wu Qian: When nausea is aggravated after taking the decoction, it indicates that the syndrome is not the Greater Yang syndrome with Interior pathogenetic Cold at the Middle Portion of the Body Cavity. It is rather the Exterior pathogenetic Heat of the Initial Yang at the Upper Portion of the Body Cavity. Fructus Evodiae, hot both in quality and taste, is contradictory in this case, so the syndrome is aggravated. Therapy should follow a combination of the syndromes of the Initial Yang and Greater Yang with nausea but no diarrhea. Decoction of Radix Puerariae adding Rhizoma Pinelliae (see Clause 33) is the right curative.

Decoction of Fructus Evodiae  
(*Wuzhuayu Tang*):

Fructus Evodiae	1 <i>sheng</i>
Radix Ginseng	3 <i>liang</i>
Rhizoma Zingiberis Recens	6 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.

Stew the above drugs in seven *sheng* of water till two *sheng* are left. Filter the decoction and take three doses a day of seven *ge* each dose.

*Explanation of the Prescription:* This decoction serves to warm the Middle Portion of the Body Cavity, bringing down the feeling of adversity and stopping nausea and vomiting. Fructus Evodiae warms the Interior and disperses the Cold, brings down the feeling of adversity and stops nausea and vomiting. Radix Ginseng tonifies the Interior. Rhizoma Zingiberis Recens warms the Stomach and stops nausea and vomiting. Fructus

Ziziphi Jujubae harmonizes the Spleen function.

*Acupuncture Points:* Zhongwan (RN 12), Shenque (RN 8), Gongsun (SP 4), Neiguan (PC 6).

## CASES

### Case 1 (32 p. 246): Nervous Vomiting

Ms. Yun, 25, first treatment on April 16, 1976. The patient had been suffering from repeated vomiting in the last year. At first the vomiting was not very severe, so the patient took it as an ailment caused by improper intake of food. She received the diagnosis of nervous vomiting in a hospital some time later. Treated by both Western and Chinese medicine, the ailment did not seem to get better. Symptoms and signs included: vomiting food and saliva immediately after meals. Vomitus was not smelly. Before vomiting, the patient did not have any nausea. Appetite was normal. Stool and urination were also normal. There was a general fatigue. Pulse was deep; tongue was covered with white and thin coating. This was a case caused by the deficient and Cold state in Stomach and Spleen which hampered the normal descending and ascending function of the Stomach. Treatment was to warm the Interior and tonify the Deficiency; bring down the adverse ascent so as to stop vomiting. Decoction of Fructus Evodiae with additions was prescribed:

Fructus Evodiae	9 grams
Radix Pseudostellariae	15 grams
Rhizoma Zingiberis Recens	9 grams
Fructus Ziziphi Jujubae	5 pcs.
Rhizoma Pinelliae	15 grams
Poria	15 grams

After taking five doses of the above decoction, the ailment was completely gone. No recurrence was reported within a year.

### Case 2 (32 p. 246): Copious Salivation

An old lady often had copious salivation in her sleep. Saliva made the towel wet through. Decoction of Fructus Evodiae in its original prescription was prescribed. It worked wonderfully. The ailment was totally cured.

### Case 3 (17 p. 311): Duodenal Ulcer and Gastropasm

Ms. Wang, 32, first treatment on September 25, 1962. Three days prior to the first treatment, the patient left the hospital after having an operation for appendicitis. Right after arriving at home, she felt a gastric pain after supper, with nausea but did not vomit anything. When the Stomach was pressed the pain seemed lighter. No acid regurgitation or belching. Appetite was poor. The next day, paroxysmal pain attacked, lasting 30-60 minutes. Constipation was reported. Urination was normal; tongue coating was thin and white, but a bit greasy; pulse was slippery-slender on the left and weak at the right Inch. Medical examination gave the diagnosis of duodenal ulcer. The following prescription was given:

Fructus Evodiae	12 grams
Rhizoma Pinelliae	10 grams
Radix Codonopsis Pilosulae	12 grams
Fructus Aurantii	6 grams
Rhizoma Zingiberis	3 grams
Carapax Trionycis (prepared with vinegar)	6 grams
Radix Platycodi	3 grams
Semen Arecae	6 grams
Radix Bupleuri	12 grams

Four doses of the above decoction cured the ailment. To consolidate, another six doses in powder form were prescribed.

Case 4 (12 p. 170): Acute Gastroenteritis

Mr. Xia, 40, had been suffering from stomach trouble for a long time. While he was eating plenty of fruit he began to feel pain in the lower abdomen around the navel. Later, he felt nauseous and vomited. Diarrhea occurred more than ten times a day with watery stools. Vomiting occurred more than twenty times. Pulse on both wrists was tight-slender and strengthless. Tongue was pale red, covered with thin, white and moist coating. This was a case caused by the deficient and Cold state of the Stomach, which should be treated by Decoction of Fructus Evodiae. Medicine was given each half an hour three times. The second day, the patient was feeling much better. The same decoction with half quantity was given. A few days later, the ailment was gone after Stomach tonic was given.

Case 5 (24 p. 216): Headache

A patient was suffering from headache. The case was complicated with abdominal pain and vomiting the next day. Profuse perspiration, cold extremities, dimness, dyspnea and aphasia were also present. Decoction of Fructus Evodiae was given. It was effective.

Case 6 (24 p. 216): Lack of Appetite

An adult male patient could only eat very little food (about 2-3 ounces) a day and did not feel hungry. Pulse was tight and slow. Tongue was in normal condition, covered with thin white and greasy coating. Decoction of Fructus Evodiae adding Medicated Leaven (with Fructus Evodiae heavily dosed, 15 grams) was prescribed. The next day, after taking the decoction, the patient regained his appetite.

Case 7 (24 p. 217): Headache

A lady of 50 years old had been suffering from headache in the past three to four years, accompanied by vertigo, tinnitus, fullness and uneasiness in chest and ribs, restlessness and irritation, pain in neck and back, and chest pain. After adoption of Decoction of Fructus Evodiae for seven days, all the ailments disappeared.

Case 8 (24 p. 218): Pylorospasm

A baby of two months had been suffering from vomiting for 50 days with odorless

vomit. Diagnosis made by a hospital said it was a case of pylorospasm. Decoction of Fructus Evodiae was given in the following way:

Fructus Evodiae	0.6 gram
Radix Codonopsis Pilosulae	0.6 gram
Rhizoma Zingiberis Recens	1.2 grams
Fructus Ziziphi Jujubae	1 pc.
Rhizoma Coptidis	0.3 gram

After taking two doses vomiting greatly subsided. Another two doses were given for better efficacy.

#### CLAUSE 244

Initial Yang syndrome with the pulse moderate under the fore-finger, floating under the middle-finger and weak under the ring-finger (1). The adoption of a purgative will bring forth the following symptoms and signs: fever, perspiration, chill, and Vital-energy Stagnancy in the epigastrium without nausea (2).

If a purgative has not been given and the patient is thirsty but does not feel a chill, then it can be diagnosed that the syndrome has transmitted into the Greater Yang Channel (3).

When urination is frequent, constipation results. The patient did not feel uncomfortable even though there is no stool for ten consecutive days (4).

When the patient is thirst, water can be served little by little. Then the relevant therapy should be adopted. *Wuling Powder* (5) suits the case involving thirst.

#### NOTES

1. This is the floating-weak pulse of febrile disease caused by Wind under the Initial Yang Channel.

2. This paragraph indicates that when a purgative is mistakenly adopted for febrile disease caused by Wind, a Blocked-up Chest will form.

3. This is the second paragraph discussing the transmission of febrile disease caused by Wind to the Greater Yang syndrome.

4. This paragraph indicates that the syndrome has evolved into Spleen Restriction of the Greater Yang syndrome (see Clause 179 for "Spleen Restriction").

Zhang Jianshan: Since "there is no stool for ten consecutive days," why is a purgative not used? This is because such a case is not caused by Heat conglomeration, as there is no tide-fever, delirium, or other symptoms. Thus the adoption of a purgative is prohibited.

Wang Hu: Frequent urination and no stool require the adoption of a purgative. But why didn't Zhang Zhongjing mention the therapy? The author's therapy is to wait

for the harmonization of Yin and Yang. Then urination will be less frequent and normal defecation will be restored.

5. *Wuling Powder*: See Clause 71.

Wu Qian's remark: There should be "dysuria" in the sentence. Then it would read: "*Wuling Powder* suits the case with thirst and dysuria."

Wang Sanyang's remark: There must be something missing here. Otherwise, *Wuling Powder* would hardly be applicable in this case.

*Acupuncture Points*: Shanzhong (RN 17), Jueque (RN 14), Zhongwan (RN 12), Weishu (BL 21), Zhongji (RN 3), Pangguangshu (BL 28).

### CLAUSE 245

A feeble pulse at Yang (1) with slight perspiration will be an indication of selfharmony. Profuse perspiration would be an abnormal state. When the pulse is excessive at Yang (2), the adoption of a diaphoretic will be an incorrect treatment if it brings forth profuse perspiration. The incorrect treatment resulting in profuse perspiration will cause the absolute prevalence of Yang (3). Then the loss of Body Fluid will result in constipation.

#### NOTES

1. Feeble pulse at Yang: Pulse when felt lightly. Feeble pulse here means a moderate and soft pulse.

2. Pulse is excessive at Yang: The pulse is mighty when felt lightly.

3. Absolute prevalence of Yang: Yang stands for Yang Vital Energy and Heat. An absolute prevalence of Yang is caused by exhaustion of the Body Fluid (of a Yin nature). When Yin is exhausted, Yang prevails absolutely at the Interior.

### CLAUSE 246

The pulse is floating and void (1). A floating pulse indicates Yang (2), and void indicates Yin (3). Conflict between floating and void (4) produces Heat in the Stomach. Then Yang is prevailing absolutely (5).

#### NOTES

1. Void pulse: Floating and soft when felt lightly and empty (void) when felt heavily.

2. Yang: It stands for excessive Heat of the Yang Vital Energy.

3. Yin: It stands for Deficiency of Blood of a Yin nature.

4. Conflict between floating and void: Conflict of pathogenetic Heat with deficient Blood.

5. Shen Mingzong: This clause discusses the pulse of the Greater Yang syndrome with exhaustion of the Body Fluid. When such a pulse is observed, the correct therapy is to tonify and restore the Body Fluid.

## CLAUSE 247

*Fuyang* pulse (1) is floating and hesitant. A floating pulse indicates strong Stomach Vital Energy, whereas a hesitant pulse indicates frequent urination. The conflict between floating and hesitation (2) causes constipation and Spleen Restriction (3). Fructus Cannabis Pill will be a curative (4).

## NOTES

1. *Fuyang* pulse: The position of *Fuyang* pulse is at the malleolus near the tarsal bones (arteria dorsalis pedis\*). It is an acupoint called "Chongyang (ST 42)," which is a point on the Stomach Channel of Foot-Yangming (Greater Yang).

\*According to *Common Terms of Traditional Chinese Medicine in English*, p. 89.

2. Conflict between floating and hesitation: When the syndrome represented by a floating and hesitant pulse appears at the same time.

3. Spleen Restriction: See Clause 179.

4. Wang Hu: Spleen Restriction is caused by strong Stomach Vital Energy and weak Spleen Vital Energy. When pathogenetic Heat prevails in the Stomach, it will be reflected in the pulse, i.e., a floating pulse. When the Spleen cannot secrete adequate Body Fluid, it is reflected by a hesitant pulse. Fructus Cannabis Pill is used to eliminate the pathogenetic Heat in the Stomach and tonify the Spleen Yin Vital Essence.

*Acupuncture Points:* Pishu (BL 20), Shangjuxu (ST 37), Taixi (KI 3), Feiyang (BL 58).

Fructus Cannabis Pills  
(*Maziren Wan*):

Fructus Cannabis	2 <i>sheng</i>
Radix Paconiae	0.5 <i>jīn</i>
Fructus Aurantii Immaturus	0.5 <i>jīn</i>
Radix et Rhizoma Rhei	1 <i>jīn</i>
Cortex Magnoliae Officinalis	1 foot long
Semen Armeniacae Amarum	1 <i>sheng</i>

Pound the above drugs into powder, make pills as big as the seed of a parasol tree with honey. Take three doses a day of ten pills each dose. Gradually increase the dose till it is efficacious (till normal defecation is observed).

*Explanation of the Prescription:* This is a prescription of a laxative with the function of moistening Dryness and eliminating pathogenetic Heat. Fructus Cannabis and Semen Armeniacae Amarum both have the function of eliminating pathogenetic Heat in the Lung and moistening constipation (as the Lung and Large Intestine are Interior-Exterior



connected). *Fructus Aurantii Immaturus* and *Cortex Magnoliae Officinalis* can facilitate the circulation of the Vital Energy and clean the indigestion. *Radix et Rhizoma Rhei* is used as a purgative to eliminate excessive Heat. *Radix Paeoniae* astringes the Yin and harmonize the Yang.

## CASES

### Case 1 (12 p. 125): Spleen Restriction

Mr. Liu, 28, had had constipation for a period of time. Bowel motions were made with great difficulty, once every five or six days. Symptoms and signs included: parched mouth and lips, deep and slippery pulse, tongue coating was dry and yellow. This was a case of Spleen restriction. A dose of *Fructus Cannabis* Pills cured the ailment.

### Case 2 (22 p. 126): Constipation After Childbirth

Ms. Ye, 29, had constipation after childbirth. Stools were so hard that an anal fissura was caused. Defecation occurred every three or four days. *Fructus Cannabis* Pills were given for a week, after which the anal fissura healed and feces softened.

### Case 3 (25 p. 724): Chronic Constipation

Ms. Yao, 39, had had chronic constipation for several years with one defecation every two or three days. Other symptoms and signs were: vertigo, palpitations, shortness of breath and general fatigue, pale tongue with thin coating, deep-slender and slightly speedy pulse. This was a case caused by exhaustion of Body Fluid, deficient Yin and insufficient Body Resistance. The following combination of *Fructus Cannabis* was prescribed:

<i>Radix Pseudostellariae</i>	30 grams
<i>Radix Astragali</i>	30 grams
<i>Rhizoma Atractylodis Macrocephalae</i>	9 grams
<i>Pericarpium Citri Reticulatae</i>	9 grams
<i>Radix Angelicae Sinensis</i>	12 grams
<i>Rhizoma Cimicifugae</i>	6 grams
<i>Fructus Cannabis</i>	10 grams
<i>Radix Paeoniae Alba</i>	10 grams
<i>Fructus Aurantii</i>	9 grams
<i>Radix et Rhizoma Rhei</i> (prepared with wine)	3 grams
<i>Radix Rehmanniae</i>	15 grams
<i>Radix Scrophulariae</i>	15 grams
<i>Radix Glehniae</i>	15 grams

After taking three doses of the above decoction stools returned to normal and epigastric pain was greatly reduced. Another ten doses of the above decoction were prescribed for the second treatment, with the following alterations:

Subtracting *Radix et Rhizoma Rhei*;

Adding *Herba Cistanchis* and *Fructus Meliae Toosendan*.

**CLAUSE 248**

Initial Yang syndrome, three days: The syndrome is not gone after the adoption of diaphoresis. When the patient has a fever with damp heat, it indicates that the syndrome has transmitted into the Stomach Channel of Greater Yang. Decoction of *Tiaowei Chengqi* is the curative (1).

**NOTES**

1. Decoction of *Tiaowei Chengqi*, see Clause 29. There must be observation of other symptoms and signs before adopting Decoction of *Tiaowei Chengqi*: restlessness, profuse perspiration, abdominal distention, constipation, etc.

*Acupuncture Points*: Zhongwan (RN 12), Tianshu (ST 25), Quchi (LI 11), Neiting (ST 44).

**CLAUSE 249**

Decoction of *Tiaowei Chengqi* can be adopted in cases of abdominal distention caused by the adoption of an emetic (1) for a syndrome of febrile disease caused by Cold.

**NOTES**

1. An emetic will exhaust the Body Fluid. When there has been excessive Heat in Stomach, a loss of Body Fluid will cause Dryness and Excess in the Stomach and distention in the abdomen. But it is still not an acute case, so Decoction of *Tiaowei Chengqi* can be used as a dose of harmonization.

*Acupuncture Points*: Same as Clause 248.

**CLAUSE 250**

Initial Yang syndrome: After the adoption of an emetic, purgative, or diaphoretic, there will be a light restlessness, frequent urination, and constipation. Decoction of Lesser *Chengqi* can be used to harmonize the syndrome (1).

**NOTES**

1. Wu Qian: Restlessness after the adoption of an emetic, purgative, or diaphoretic can be treated with Decoction of Gardeniae and Semen Sojae Praeparatum (see Clause 76). But when frequent urination and constipation are observed, it is then a case of exhaustion of the Body Fluid. Therefore, Decoction of Lesser *Chengqi* (see Clause 208) should be used, as it is a case with a slight congelation of Heat which has not yet invaded the deep Interior.

*Acupuncture Points:* Shangjuxu (ST 37), Dachangshu (BL 25), Qihai (RN 6), Jueque (RN 14).

### CLAUSE 251

The syndrome lasted two or three days with a weak pulse (1), restlessness and hardness at the epigastrium, but without the Initial Yang or Decoction of Radix Bupleuri syndromes. During the fourth or fifth day, although the patient can have food (2), Decoction of Lesser *Chengqi* can be adopted in a small dose to harmonize the syndrome and to help the patient feel better. On the sixth day, give the patient one *sheng* of Decoction of Lesser *Chengqi*.

If there is no stool for six or seven days with little urination and anorexia, a dose of purgative will cause watery stool, as there are hard feces only at the beginning, followed by watery stool. When urination returns to normal there will be constipation and a purgative can then be used. Decoction of Greater *Chengqi* is the remedy.

### NOTES

1. Weak pulse: a pulse that is not floating, tense, excessive or huge.
2. Cheng Yingmao: A good intake of food will indicate excessive pathogenetic Heat in Stomach. Decoction of Lesser *Chengqi* in a small dose is adopted to eliminate the Heat. Then increase the dose of Decoction of Lesser *Chengqi* to move the congelation in the Intestine. This is because the patient has a weak pulse, which is an indication of Stomach Deficiency. Thus Decoction of Lesser *Chengqi* is served in a small dose at first, and then the dose should gradually increase.

### CLAUSE 252

Febrile disease caused by Cold, on the sixth or the seventh day: The syndrome is of an excessive nature when the following symptoms and signs are observed: blurring of vision and low spirits (1), constipation, and a slight body fever with no other Interior or Exterior syndrome. A drastic should be urgently adopted (2). Decoction of Greater *Chengqi* is the curative.

### NOTES

1. Blurring of vision and low spirits are caused by severe exuberance of the Interior pathogenetic Heat and exhaustion of the Body Fluid.

Zhang Xiju: Extreme exuberance of Yang and exhaustion of Yin bring blurring of vision and low spirits. The urgent adoption of a drastic will put out the exuberant Yang pathogenetic Fire (Heat) and rescue the disappearing of Yin Water (Body Fluid).

2. Yu Chang: There are three cases of the Greater Yang syndrome that need an urgent adoption of a drastic to rescue the Body Fluid:

- a) Profuse perspiration has exhausted the Body Fluid;
- b) Abdominal distention with congelation of Body Fluid; and
- c) Blurring of vision with low spirits, which is an indication of exhaustion of the Body Fluid at the Interior.

### CLAUSE 253

Greater Yang syndrome: Decoction of Greater *Chengqi* should be adopted urgently in a case with fever and profuse perspiration (1).

#### NOTES

1. This clause deals with the Greater Yang Bowels syndrome of fullness and Excess. A drastic should be adopted urgently to stop the loss of Body Fluid, so that Yin could be rescued. If there is no fullness and Excess, then it will be a Greater Yang Channel syndrome, the therapy for which should be the adoption of Decoction of *Baihu* (see Clause 176).

Shen Mingzong: Tide-fever and slight perspiration are normal symptoms and signs of the Greater Yang syndrome with Interior Excess. Profuse perspiration and fever will be an indication of extreme exuberance of the Interior pathogenetic Heat. The Body Fluid in the Stomach is scorched and is vaporizing with the perspiration. In such a case, the only means of rescue is to urgently disperse the pathogenetic factor so that the Body Fluid can be saved in time.

### CLAUSE 254

After adoption of a diaphoretic, the syndrome is not gone. Decoction of Greater *Chengqi* should be adopted urgently in a syndrome with abdominal distention and pain (1).

#### NOTES

1. When the adoption of a diaphoretic fails to disperse the syndrome, the pathological condition transmits into the Greater Yang Channel. Abdominal distention and pain are caused by excessive pathogenetic Heat.

*Acupuncture Points* (for Clauses 252, 253 and 254): Tianshu (ST 25), Dachangshu (BL 25), Zhigou (SJ 6), Shangjuxu (ST 37), Zhaohai (KI 6), Sanyinjiao (SP 6), Hegu (LI 4), Fuli (KI 7), Gongsun (SP 4), Neiguan (PC 6).

### CLAUSE 255

When abdominal distention is not reduced, or not significantly reduced (1), Decoction of Greater *Chengqi* should be used as a dose of drastic.

## NOTES

1. When a purgative has been adopted, abdominal distention is not reduced, or not significantly reduced. Other Greater Yang syndromes should also be observed before Decoction of Greater *Chengqi* is adopted.

*Acupuncture Points:* Shangjuxu (ST 37), Dachangshu (BL 25), Jianli (RN 11), Geshu (BL 17).

## CLAUSE 256

A combination of the syndromes of the Greater Yang and Lesser Yang will cause diarrhea. When the pulse is not adverse (1), the case is a favorable one. An adverse pulse will cause Conquest (2). Indigestion can be diagnosed when a slippery-speedy pulse is observed. A dose of drastic, Decoction of Greater *Chengqi*, can be adopted as the remedy.

## NOTES

1. Pulse is not adverse: According to the Conquest Sequence of the Five Evolutive Phases, it should be "Liver conquest Spleen (Stomach)" (See note of Clause 108). A slippery-speedy pulse of Greater Yang appearing in the Greater Yang and Lesser Yang symptom complex will not indicate Liver-Conquest-Spleen, or Wood-Conquest-Earth. Thus it is a favorable case. Since a slippery-speedy pulse does not conquer the syndrome, it is not adverse.

Greater Yang is represented by Earth-Spleen;

Lesser Yang is represented by Wood-Liver.

2. On the other hand, if a tight pulse of Lesser Yang appears, it would be an adverse case, as it is Liver-Conquest-Spleen, or Wood-Conquest-Earth. When pulse and syndrome do not correspond with each other, the pulse always foretells the direction of the syndrome's development. For example:

Yang syndrome — Yin pulse: The case will become worse;

Yin syndrome — Yang pulse: The case will improve.

*Acupuncture Points:* Hegu (LI 4), Xiawan (RN 10), Zhigou (SJ 6), Yanglingquan (GB 34).

## CLAUSE 257

The patient has no Exterior and Interior syndrome (1) but has a fever for seven or eight days. A purgative can be adopted even when the pulse is floating and speedy. After the adoption of a purgative, the pulse is still speedy. Then the Exterior Heat will join the Interior Heat in digesting cereals and making the patient prone to getting hungry. If there is no stool for six or seven days, it would indicate that blood stasis has

taken shape. Decoction of *Didang* (2) should be adopted to resolve it.

#### NOTES

1. Exterior and Interior syndrome includes: Headache and chill from the Exterior Initial Yang syndrome, and abdominal distention, tide-fever and delirium from the Interior Greater Yang syndrome.

Wu Qian: "No Exterior and Interior syndrome" would mean that there is no Exterior syndrome of the Initial Yang and Interior syndrome of the Greater Yang. Fever without chill for seven or eight days is a Greater Yang syndrome. So, although the pulse is floating, no diaphoretic should be adopted. If there is constipation, a purgative can be adopted. After the adoption of a purgative, a floating pulse changes into a tense pulse, which is an indication of the evanescence of Exterior pathogenetic Heat and the existence of Interior pathogenetic Heat. Then there is no stool for six to seven days. If the patient cannot take food, it will indicate the existence of pathogenetic Heat in the Stomach. Decoction of Greater *Chengqi* can be adopted. But the patient has good intake of food and is apt to feel hungry. Thus it can be diagnosed that the case is not caused by pathogenetic Heat in Stomach. Under such circumstances, feces, though difficult to defecate, must be black in color (i.e., melena). Therefore, no stool for six to seven days is caused by the congelation of pathogenetic Heat with blood stasis. That is why Decoction of *Didang* is adopted.

2. Decoction of *Didang*, see Clause 124.

#### CLAUSE 258

Continuous diarrhea with a speedy pulse would indicate diarrhea with intermingled Heat and bloody pus (1) (2).

#### NOTES

1. When pathogenetic Heat intrudes into the Blood and forces it to move into Intestine, bloody pus will form.

2. This clause is a continuation of Clause 257.

*Acupuncture Points* (for Clauses 257 and 258): Taiyuan (LU 9), Pianli (LI 6), Tianshu (ST 25), Geshu (BL 17), Zulinqi (GB 41), Hegu (LI 4).

#### CLAUSE 259

After diaphoresis has caused perspiration in febrile disease caused by Cold, the skin and eyes turn yellow. It is caused by Interior Cold and Humidity (1). A purgative is prohibited in such a case. The existence of Cold and Humidity is the etiopathology of the syndrome.

#### NOTES

1. When the patient used to have Cold and Humidity factors at the Interior, diaphoresis will dispel the Exterior syndrome but leave the Cold and Humidity at the

Interior. The congelation of Cold and Humidity turns the skin yellow. This is termed "Yin Yellowishness (Yin Jaundice)," with symptoms and signs of dark yellow skin, the pulse deep, slow and without strength, no fever, no thirst for water, or thirst for hot water, and normal urination or dysuria. The tongue coating is white and wet. Decoction of Rhizoma Atractylodis Macrocephalae and Radix Aconiti Praeparata adding Herba Artemisiae Scopariae suits the case with normal urination. If there is dysuria and loose stool, *Wuling Powder* adding Herba Artemisiae Scopariae can be adopted.

Yin Yellowishness (Yin Jaundice): It is generally a chronic disease with symptoms and signs of dark yellow skin, low fever or no fever, a general malaise and anorexia, loose stool, light dark yellowish urine, a pale tongue with a white-slippery coating, and a pulse tense-moderate or deep-slender. Yin Yellowishness may appear in the following diseases: chronic hepatitis, chronic cholecystitis, cholelithiasis, cirrhosis of liver, etc.

*Acupuncture Points:* Pishu (BL 20), Zusanli (ST 36), Wangu (SI 4), Qiuxu (GB 40).

## CLAUSE 260

Febrile disease caused by Cold, seven or eight days: Decoction of Herba Artemisiae Scopariae suits the case with symptoms and signs of dysuria, slight abdominal distention and skin as yellow as an orange (1).

## NOTES

1. This is termed "Yang Yellowishness (Yang Jaundice)." See note of Clause 236.

*Acupuncture Points:* Wangu (SI 4), Neiting (ST 44), Yangchi (SJ 4), Zhangmen (LR 13).

## CLAUSE 261

Febrile disease caused by Cold with yellow skin and fever can be treated with Decoction of Fructus Gardeniae and Cortex Phellodendri.

Decoction of Fructus Gardeniae and Cortex Phellodendri  
(*Zhizi Bopi Tang*):

Fructus Gardeniae	15 pcs.
Radix Glycyrrhizae Praeparata	1 <i>liang</i>
Cortex Phellodendri	2 <i>liang</i>

Stew the above drugs in four *sheng* of water till 1.5 *sheng* are left. Filter the decoction and take two doses of lukewarm decoction.

*Explanation of the Prescription:* This decoction is neither a diaphoretic nor a purgative but serves to eliminate Humidity and Heat. Fructus Gardeniae, bitter and cold, eliminates Heat and drains Humidity, enabling Yellowishness to leak out from urine. Cortex Phellodendri, bitter and cold, eliminates Heat and Yellowishness. Considering that the bitter and cold quality of the above two drugs may hurt the Stomach, Radix Glycyrrhizae is added to harmonize the Interior (Stomach).

*Acupuncture Points:* Qiaoyin (GB 44), Guanchong (SJ 1), Danshu (BL 19), Wangu (SI 4).

## CASES

Case 1 (22 p. 89):

Mr. Li, 21, began to feel a latent pain three days ago in the lower abdomen, with two or three watery stools every day. No treatment was given as the patient didn't pay much attention to it, but on the third day, he began to feel worse and had more than twenty watery stools with mucus and tenesmus and asthenic extremities. Temperature was 37.5 °C. Decoction of Fructus Gardeniae and Cortex Phellodendri was prescribed. One dose of the above decoction worked off the ailment. No recurrence was found within the following five months.

Case 2 (11 p. 1006):

Mr. Zhang suffered from Jaundice. Pulse was deep. Humidity and Heat intermingled at the Interior, causing yellowish skin. The patient also had nausea and suffocation in the epigastrium. Constipation was accompanied by reddish urine. This was an ailment of the Three Portions of Body Cavity. Drugs with a pungent, bitter and cold quality should be given:

Semen Armeniacae Amarum  
Gypsum Fibrosum  
Rhizoma Pinelliae  
Juice of Rhizoma Zingiberis Recens  
Fructus Gardeniae  
Cortex Phellodendri  
Juice of Fructus Aurantii Immaturus

*Remark:* This is a case record of the famous Qing Dynasty doctor Ye Tianshi. The above prescription is actually based on Decoction of Fructus Gardeniae and Cortex Phellodendri. Rhizoma Pinelliae and Juice of Rhizoma Zingiberis Recens are added as the patient is feeling nauseous. Juice of Fructus Aurantii Immaturus and Semen Armeniacae Amarum are added as the patient is constipated and feeling suffocation. Gypsum Fibrosum is added as the drug can eliminate the Heat at the Interior. When Gypsum Fibrosum is used together with Fructus Gardeniae and Cortex Phellodendri, they can achieve a better effect in dispersing the intermingled Humidity and Heat. Since the patient is also suffering suffocation and fullness, Radix Glycyrrhizae is deleted from the original prescription. With proper additions and subtractions the above decoction



is a good example of using the classical prescription, and deserves our attention.

Case 3 (18 p. 286): Infectious Hepatitis of Ictero Type

Mr. Sheng, 28. The disease began with chills and fevers (temperature: 38.2 °C), pain and soreness in all joints and slight perspiration. The ailment was treated as a common cold, but fever lasted for more than a month. Other symptoms and signs appeared: fullness and suffocation in the epigastrium and chest, anorexia, distention aggravated when food was taken, yellowish color of face and body, urine color as red as dense tea. Hepatic function was as follows:

Icterus index: 20 unit

Glutamic oxalacetic transaminase: 600

Diagnosis: Infectious hepatitis of ictero type.

Diagnosis made by TCM was Jaundice caused by accumulation of Humidity and Heat (Yang Jaundice). Pulse was slippery and speedy, tongue was covered with yellow and thick coating. Combination of Decoction of Fructus Gardeniae and Cortex Phellodendri and Powder of Herba Artemisiae Scopariae *Wuling* was prescribed as follows:

Herba Artemisiae Scopariae	18 grams
Fructus Gardeniae	12 grams
Cortex Phellodendri	9 grams
Rhizoma Alismatis	9 grams
Poria	12 grams
Polyporus Umbellatus	12 grams
Fructus Hordei Germinatus	15 grams
Radix Glycyrrhizae	4.5 grams

After taking some ten doses of the above decoction with minor alterations, Jaundice re-treated and hepatic function returned to normal. After another month's harmonization the patient fully recovered.

*Remark:* The function of Decoction of Fructus Gardeniae and Cortex Phellodendri is to eliminate Heat and disperse Humidity, and therefore is suitable to those cases of Yang Jaundice with Interior Excess not yet serious. In clinical practice this prescription is always used together with Powder of Herba Artemisiae Scopariae *Wuling* (*Yinchen Wuling San*) and the like to strengthen its effect.

Case 4 (18 p. 287): Bacterial Dysentery

Mr. Chen, 24, had been suffering from dysentery with watery stools mixed with mucus and pus. The patient had tenderness on the right of lower abdomen. Bowels were open 18 times a day. Other symptoms and signs included: tenesmus, headache, chills, nausea and asthenic extremities. Decoction of Fructus Gardeniae and Cortex Phellodendri was prescribed. That night all the symptoms and signs subsided.

# **CLAUSE 262**

Febrile disease caused by Cold: Congelation of Heat at the Interior will cause Yellowishness. Decoction of Herba Ephedrae, Radix Forsythiae and Semen Phaseoli will serve as a curative.

Decoction of Herba Ephedrae, Radix Forsythiae and Semen Phaseoli  
(*Mahuang Lianzhao Chixiaodou Tang*):

Herba Ephedrae	2 <i>liang</i>
Radix Forsythiae	2 <i>liang</i>
Semen Armeniacae Amarum	40 pcs.
Semen Phaseoli	1 <i>sheng</i>
Fructus Ziziphi Jujubae	12 pcs.
Rhizoma Zingiberis Recens	2 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Cortex Catalpae	1 <i>sheng</i>

Stew Herba Ephedrae for a while in one *dou* of rain water. Remove the dregs, put the rest of the drugs into it and stew till three *sheng* are left. Filter the decoction and take three doses in half a day.

*Explanation of the Prescription:* This decoction serves as a remedy for removing Yellowishness as well as a curative of the Exterior syndrome. When diaphoresis is not adopted, or, though adopted, yet cannot produce thorough perspiration with febrile disease caused by Cold which requires perspiration, congelation of Heat intermingles with Humidity, resulting in Yellowishness. Thus Decoction of Herba Ephedrae is adopted. Decoction of Herba Ephedrae dredges through the Exterior by inducing perspiration and leads the Yellowishness out from the Exterior. As the case has an excessive Heat nature, Ramulus Cinnamomi, pungent and warm, is not used in the decoction. Radix Forsythiae and Cortex Catalpae eliminate Heat. Semen Phaseoli drains Humidity. Rhizoma Zingiberis Recens and Fructus Ziziphi Jujubae harmonize the Nutrient Essence and Vital Resistance. Therefore, this decoction can disperse most of the Heat and Humidity from the Exterior.

*Remark:* Yang Yellowishness (Yang Jaundice) is discussed in Clauses 260-262. Yang Yellowishness is caused by the congelation of Heat and Humidity. Clause 260 is a case of Yellowishness with congelation of Heat of an excessive nature. The therapy is to eliminate the Heat by the adoption of Decoction of Herba Artemisiae Scopariae. Clause 261 is a case of Yellowishness with Heat but without Exterior syndrome and Interior Excess. Decoction of Fructus Gardeniae and Cortex Phellodendri is used to eliminate the Heat. Clause 262 is a case of Yellowishness with remaining Exterior syndrome. The therapy differs with each case.

*Acupuncture Points:* Zhiyang (DU 9), Wangu (SI 4), Xingjian (LR 2), Zhangmen (LR 13).

## CASES

## Case 1 (18 p. 96): Acute Infectious Hepatitis of Ictero Type

Ms. Yang, 48, had had a fever for four days with chills, thirst but did not want to drink, yellow and red urine, constipation, nausea, pain over right rib, yellowish color of face and eyes, white and greasy coating on tongue, tight-speedy and floating pulse. This was a case of both the Exterior syndrome and Interior Humidity-Heat. Decoction of *Herba Ephedrae*, *Radix Forsythiae* and *Semen Phaseoli* is the right cure. Prescription was as follows:

<i>Herba Ephedrae</i>	3 grams
<i>Fructus Forsythiae</i>	12 grams
<i>Cortex Mori Radicis</i>	15 grams
<i>Semen Phaseoli</i>	30 grams
<i>Semen Armeniacae Amarum</i>	9 grams
<i>Herba Artemisiae Scopariae</i>	30 grams
<i>Fructus Gardeniae</i>	9 grams
<i>Rhizoma Zingiberis Recens</i>	3 slices
<i>Fructus Ziziphi Jujubae</i>	4 pcs.

After taking four doses of the above decoction, chills and fever subsided, but Interior Humidity and Heat had not yet been totally eliminated. Decoction of *Herba Artemisiae Scopariae* (see Clause 236) was prescribed. Adoption of it for a week dispersed the Jaundice totally.

## Case 2 (18 p. 97): Nephritis

Female girl, 4. The patient's face was slightly swollen. Other symptoms and signs were: fever and chill, stuffy nose, coughing with phlegm stuck in throat and poor appetite, yellowish urine. Uroscopy was:

Erythrocyte: (+ + +)  
 Pus cell: (+)  
 Cast: 0-2  
 Urinary albumin: (+ +)

Diagnosis: Acute Nephritis. Pulse was floating and slippery. Tongue coating was thin white and a bit yellow. Decoction of *Herba Ephedrae*, *Radix Forsythiae* and *Semen Phaseoli* was prescribed:

<i>Herba Ephedrae</i>	3 grams
<i>Semen Armeniacae Amarum</i>	9 grams
<i>Semen Phaseoli</i>	30 grams
<i>Rhizoma Imperatae</i>	30 grams
<i>Fructus Forsythiae</i>	12 grams
<i>Cortex Mori Radicis</i>	9 grams
<i>Rhizoma Zingiberis Recens</i>	6 grams

Rhizoma Alismatis	6 grams
Herba Plantaginis	12 grams
Poria	9 grams
Herba Viola	9 grams
Herba Houttuyniae	12 grams

After taking two doses of the above decoction, all the symptoms and signs subsided significantly. Another five doses were given for a complete recovery, but uroscopy still showed a small quantity of erythrocytes.

#### Case 3 (18 p. 98): Urticaria

According to *Bulletin of Science and Technology*, Vol. 6, 1976, Decoction of Herba Ephedrae, Radix Forsythiae and Semen Phaseoli adding Herba Viola, Fructus Kochiae, and Cortex Dictamnii Radicis had been given to 134 cases of infantile urticaria papulosa. The following result showed up:

Total cases:	134
Full recovery:	125 cases
Improvement:	7 cases
Not effective:	2 cases
Doses taken:	Minimum, 2 doses; Maximum, 18 doses

#### Case 4 (17 p. 329): Edema During Menstruation

Female patient, 17, first treatment on September 8, 1974. Menstruation began on September 6 and the patient had a cold the next day, with a sore throat and swollen eyelids. Drugs to treat a common cold were adopted. Sore throat subsided but edema of eyelids extended to the face. Diagnosis: no fever, with slight chill, thin and white tongue coating, floating and moderate pulse. This case was caused by the invasion of pathogenetic Cold during menstruation. Decoction of Herba Ephedrae, Radix Forsythiae and Semen Phaseoli was prescribed together with Decoction of Five Peels (*Wipi Yin*) as follows:

Herba Ephedrae	6 grams
Fructus Forsythiae	12 grams
Semen Phaseoli	30 grams
Cortex Mori Radicis	15 grams
Peel of Poria	25 grams
Cortex Acanthopancis Radicis	10 grams
Pericarpium Citri Reticulatae	10 grams
Peel of Rhizoma Zingiberis Recens	10 grams
Radix Ledebouriellae	6 grams
Herba Schizonepetae	10 grams
Radix Angelicae Sinensis	10 grams
Periostracum Cicadae	3 grams

One dose was served each day. Three days later edema had subsided greatly. Another three doses worked off the ailment.

TABLE 43. COMPARISON OF JAUNDICES OF THE GREATER YANG

	Symptoms and signs	Nature
Decoction I*	Fever, yellowish skin, dysuria, abdominal fullness, constipation, thirst, restlessness and irritation, sweat on head, yellowish and dry tongue coating	Interior Heat and Excess — At the Interior (location)
Decoction II	Fever, yellowish skin, dysuria or yellow and red urine, full and suffocated chest, mouth bitterness, yellow and greasy tongue coating, thirst but cannot drink much	Humidity-Heat accumulating in the Three Portions of Body Cavity — Non Exterior nor Interior
Decoction III	Fever, yellowish skin, no sweat, chills, itching, dysuria, floating pulse	Still with Exterior syndrome — At the Exterior

\*Decoction I — Decoction of *Herba Artemisiae Scopariae* (Clause 236)

Decoction II — Decoction of *Fructus Gardeniae* and *Cortex Phellodendri* (Clause 261)

Decoction III — Decoction of *Herba Ephedrae*, *Radix Forsythiae* and *Semen Phaseoli* (Clause 262)

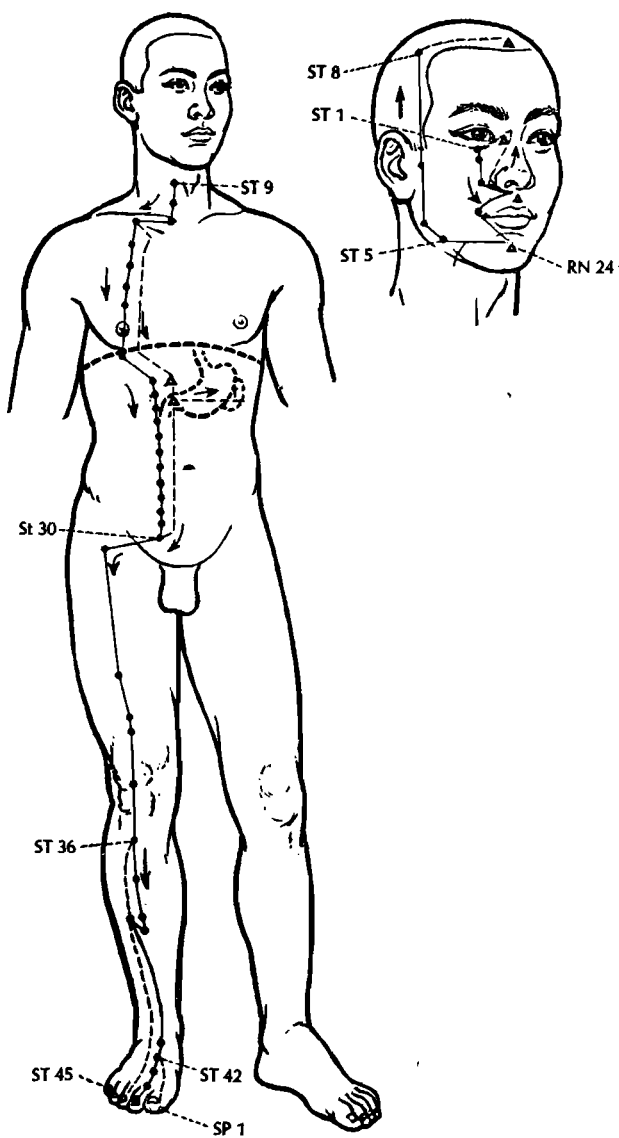


Fig. 2 The Stomach Channel of Foot-Yangming (Greater Yang)

## CHAPTER III

### DIFFERENTIATION OF THE PULSE, SYMPTOM COMPLEX AND TREATMENT OF THE *SHAORYANG* (LESSER YANG) SYNDROMES

#### CLAUSE 263

The symptoms and signs of the Lesser Yang syndrome are invariably bitterness in the mouth, a parched throat, and vertigo (1).

#### NOTES

1. This is an outline of Lesser Yang symptoms. Lesser Yang syndrome is the phase of febrile disease caused by climatic factors termed "half Exterior and half Interior." \* Except for the above symptoms, Decoction of Lesser Radix Bupleuri syndrome (see Clause 96) should also be included in the outline of Lesser Yang symptoms.

\*Wu Qian: "Half Exterior" refers to the Exterior syndrome of Initial Yang. Half Interior refers to the Interior syndrome of Initial Yin. When a pathological condition rests between Initial Yang and Initial Yin, the case will involve conflict between Yin and Yang, the intermingling of Cold and Heat, and a confrontation between the pathogenetic factor and the Body Resistance. In such cases, using diaphoresis, purgatives, and emetics are all prohibited. Decoction of Lesser Radix Bupleuri is therefore prescribed as a harmonizer.

*Acupuncture Points:* Yangchi (SJ 4), Neiguan (PC 6), Qiuxu (GB 40), Ligou (LR 5).

#### CLAUSE 264

Febrile disease caused by Wind of the Lesser Yang syndrome (1) shows the following symptoms and signs: deafness, congestion of the eyes, fullness in the chest, and restlessness. No emetic or purgative should be adopted (2). If it were, palpitation and terror would occur.

#### NOTES

1. Febrile disease caused by Wind of the Lesser Yang syndrome: It is caused by the effects of pathogenetic Wind on the Lesser Yang Channel.

Wu Qian: Febrile disease caused by Wind of the Initial Yang Channel has transmitted into the Lesser Yang Channel.

2. The correct therapy is a harmonizing dose.

*Acupuncture Points:* Guanchong (SJ 1), Fengchi (GB 20), Zulinqi (GB 41), Waiguan (SJ 5).

### CLAUSE 265

Febrile disease caused by Cold (1) with a tight-slender pulse, headache, and fever (2) would indicate that the syndrome is at the Lesser Yang Channel. Diaphoresis is prohibited with the Lesser Yang syndrome. The adoption of diaphoresis will cause delirium (3). Then the syndrome transmits to the Stomach (Greater Yang syndrome). Harmonization of the Stomach will bring about recovery, while malharmonization will cause restlessness and palpitation.

### NOTES

1. Wu Qian: It should be "Febrile disease caused by Cold of the Lesser Yang Channel." This is to say that the syndrome transmits from febrile disease caused by Cold to the Lesser Yang Channel.

2. Wang Kentang: Generally speaking, headache and fever are the symptoms of the Exterior syndrome. But why is it mentioned here as the Lesser Yang syndrome? This is because the pulse is tight-slender, which is an indication of a syndrome at half Exterior and half Interior.

3. Yu Chang: When the pulse is tight-slender, it indicates that the syndrome is transmitting into the Interior. Pathogenetic Heat is exhausting the Stomach Body Fluid. If a diaphoretic is adopted in such a case, the Body Fluid will be dispersed from the Stomach. Severe exhaustion of the Body Fluid will cause delirium.

*Acupuncture Points:* Sizhukong (SJ 23), Fengchi (GB 20), Yangchi (SJ 4), Neiguan (PC 6).

### CLAUSE 266

Before the Initial Yang syndrome evanesces, it transmitted into the Lesser Yang Channel. Then the following symptoms and signs appear: hardness and fullness below the costal region, nausea and anorexia, and chills and fevers which come and go intermittently. If the pulse is deep and tense (1) before an emetic or purgative is adopted, Decoction of Lesser Radix Bupleuri (2) will be the curative.

### NOTES

1. Pulse deep and tense: A deep pulse indicates that the syndrome leaves the Exterior for the half Interior. A tense pulse is the extreme stage of a tight pulse (Lesser Yang pulse), so a tense pulse is also considered to be a Lesser Yang pulse.

2. See Clause 96.



*Acupuncture Points* (for Clauses 266 and 267): Fengchi (GB 20), Shenmai (BL 62), Zhigou (SJ 6), Yangfu (GB 38).

### CLAUSE 267

When delirium appears and the Decoction of Radix Bupleuri syndrome disappears after the adoption of an emetic, purgative, diaphoretic, or warm needle acupuncture, it will result in an adverse case. Therapy should be worked out according to the relevant diagnosis.

### CLAUSE 268

Combination of the syndromes of the three Yang, the pulse floating and huge, with the pulse under the middle-finger extending to the fore-finger (1): The patient always tends to sleep (2). As soon as he falls asleep, he has perspiration (3).

#### NOTES

1. A floating pulse is an indication of the Initial Yang syndrome. A huge pulse indicates the Greater Yang syndrome. Whereas "the pulse under the middle-finger extending to the fore-finger" would mean a tight pulse, which is always a sign of the Lesser Yang syndrome.

2. Wu Qian: "The patient always tends to sleep": When pathogenetic Heat prevails, spiritual activity is hampered. So the patient has a swimming feeling in his head and tends to sleep.

3. This is termed "night sweat," one of the Lesser Yang symptoms.

*Acupuncture Points*: Lidui (ST 45), Qiaoyin (GB 44), Hegu (LI 4), Taichong (LR 3).

### CLAUSE 269

Febrile disease caused by Cold, six to seven days: The patient has restlessness and irritation but does not have a high fever. This will indicate the subsidence of Yang and coming of Yin (1).

#### NOTES

1. "Subsidence of Yang and coming of Yin": The syndrome is gone from the Exterior and invades the Interior.

Wu Qian: "Subsidence of Yang and coming of Yin" would mean a pathological condition of a Yang nature leaves the Exterior for the Interior and transmits to the three Yin Channels.

*Acupuncture Points:* Shenmen (HT 7), Dazhong (KI 4), Taixi (KI 3), Feiyang (BL 58).

### CLAUSE 270

Febrile disease caused by Cold: After the first three days when the three Yang Channels have been affected, it's the turn of the three Yin to be affected by pathogenetic factors. If the patient has good intake of food and no nausea, it would indicate that the three Yin Channels are not affected (1).

#### NOTES

1. See definition of "Six Channel Symptom Complex," note of Clause 1.

Cheng Wuji: When a pathogenetic factor transmits into the Interior, Interior harmonization loses its balance. Malharmonization of the Interior will cause anorexia and nausea. If the patient has good intake of food and is not nauseous, it will indicate that the pathological condition has affected the Interior.

### CLAUSE 271

Febrile disease caused by Cold, three days: When the pulse of Lesser Yang is small (1), it indicates recovery (2).

#### NOTES

1. Small pulse: slender pulse.
2. The Lesser Yang syndrome should prevail on the third day with a tight pulse. When the pulse is small and there are no symptoms like headache and fever, etc., it would indicate that the pathogenesis is evanescent, so it can be predicted that the patient will soon recover. Also see Clause 4 for reference.

### CLAUSE 272

The Lesser Yang syndrome is likely to heal between 3:00-9:00 a.m. (from *yin* to *chen*) (1) approximately.

#### NOTES

1. See note of Clause 9.

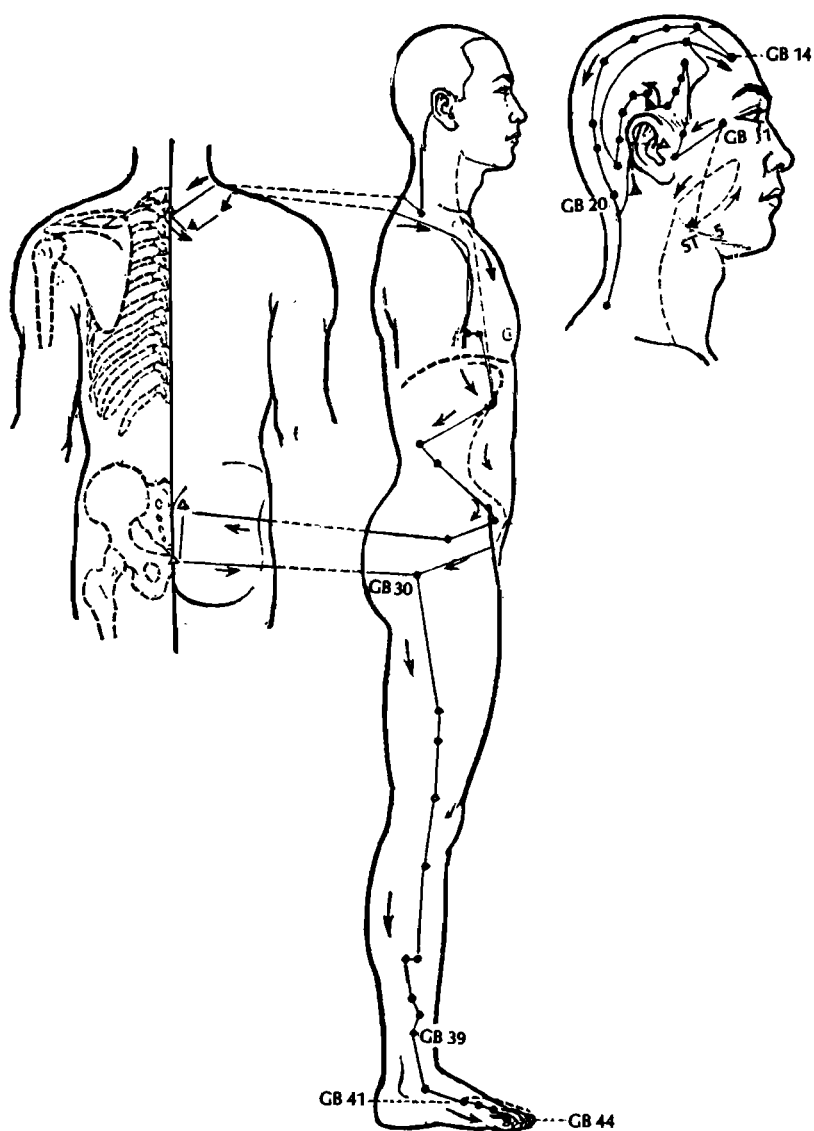


Fig. 3 The Gall Bladder Channel of Foot-Shaoyang (Lesser Yang)

## CHAPTER IV

### DIFFERENTIATION OF THE PULSE, SYMPTOM COMPLEX, AND TREATMENT OF THE *TAIYIN* (INITIAL YIN) SYNDROMES

#### CLAUSE 273\*

The symptoms of the Initial Yin syndrome are invariably abdominal distention and vomiting (1), anorexia, and diarrhea which is becoming more acute with occasional abdominal pain. If a purgative is given, hardness and fullness in the epigastrium will result (2).

#### NOTES

1. Cheng Yingmao: Vomiting is caused by abdominal distention of a Cold nature. This is called "Cold Resistance."\*\*

2. This clause is the outline of the Initial Yin syndrome. The Initial Yin syndrome is a phase of febrile disease caused by climatic factors when the Spleen is affected. The syndrome is in the nature of Deficiency and Coldness in the Stomach and Intestine.

\*Wu Qian: Wu Renju had corrected the text as follows: "Symptoms of the Initial Yin syndrome are invariably abdominal distention and vomiting, anorexia and abdominal pain. If a purgative is given, hardness and fullness in the epigastrium will result, and diarrhea is becoming more acute." We think this is reasonable. That "diarrhea is becoming more acute" is an outcome of the adoption of a purgative. Thus it should be put after "if a purgative is given."

\*\*Cold Resistance: "*Han Ge*" in Chinese. A note from Clause 359 reads: "... when lower Cold is resisting the upper Heat, food that has just been taken will be vomited up immediately." See that clause for reference.

*Acupuncture Points:* Zhongwan (RN 12), Pishu (BL 20), Zusanli (ST 36), Yinlingquan (SP 9).

#### CLAUSE 274

Febrile disease caused by Wind of the Initial Yin syndrome: The following symptoms and signs will indicate a recovery: the patient feels heavy and painful in the extremities with pulse feeble when felt lightly and hesitant and long when felt heavily (1).

#### NOTES

1. A feeble pulse when felt lightly indicates that the pathogenetic Wind is

declining. A hesitant pulse when felt heavily manifests a Deficiency in the Vital Energy and Blood. A feeble and hesitant pulse also indicates pain in the extremities. When the pulse is hesitant and also long, it will indicate that the Yang Vital Energy is recovering, because a long pulse is of a Yang nature.

### CLAUSE 275

The Initial Yin syndrome is likely to heal between 9:00 p.m. and 3:00 a.m. the next morning (from *hai* to *chou*) (1).

#### NOTES

1. See note of Clause 9.

### CLAUSE 276

Initial Yin syndrome with a floating pulse can be treated by adoption of diaphoresis. Decoction of *Ramulus Cinnamomi* is the curative (1).

#### NOTES

1. Diaphoresis can be adopted in cases of the Initial Yin syndrome on the condition that the Initial Yin syndrome is not severe. This is to say that the "Prescription should be made in accordance with the corresponding pulse and syndrome," although the prescription might not be in conformity with the Channel. Of course, if the Initial Yin syndrome is very severe, the therapy should be reconsidered.

Cheng Zhi: This is a case of Initial Yin which requires the adoption of diaphoresis to disperse the syndrome. The Initial Yin syndrome always bears the symptoms of abdominal pain and diarrhea. When a floating pulse, the pulse of Initial Yang, appears under both the fore-finger and ring-finger, it is an indication that the syndrome is returning to the Exterior. Thus Decoction of *Ramulus Cinnamomi* is used to disperse the syndrome. Why is Decoction of *Herba Ephedrae* not used? This is because the Yin syndrome should not have profuse perspiration. Moreover, Decoction of *Ramulus Cinnamomi* also has the function of harmonizing the Interior.

*Acupuncture Points:* Dadu (SP 2), Fengfu (DU 16), Lieque (LU 7), Shangqiu (SP 5).

### CLAUSE 277

Diarrhea without a thirst for water (1) is the symptom of the Initial Yin syndrome. It is caused by Coldness in the Viscera. Decoction of *Sini* or its like (2) can be adopted to warm the Coldness.

## NOTES

1. Diarrhea without a thirst for water: Diarrhea under the Initial Yin Channel indicates the Humidity factor, whereas no thirst for water will signify Coldness of the Interior. The presence or absence of thirst is of great significance in diagnosing the Cold or Heat nature of the syndrome.

Wu Qian: Diarrhea with thirst is a case of a Heat and Yang nature; diarrhea without thirst is a case of a Cold and Yin nature. The therapy is the adoption of a decoction with warm quality drugs.

2. Decoction of *Sini* or its like: Decoction of *Sini*: see Clause 29. Its like: Decoctions of the same or similar function of Decoction of *Sini*, such as Decoction of Radix Aconiti Praeparata (see Clause 304) and *Lizhong* Pills (see Clause 386) and others.

## CLAUSE 278

Febrile disease caused by Cold with a floating-moderate pulse and warmth on the hands and feet would mean that the syndrome rests on the Initial Yin Channel. Syndrome of the Initial Yin Channel should have the symptom of yellowish skin (Jaundice). When urination is normal, Yellowishness (Jaundice) will not occur (1). On the seventh or eighth day, the patient will suddenly feel restless and have loose stool more than a dozen of times a day, and then it stops spontaneously. This is because the Spleen is strong enough (2) to move the decayed and the fouled substance (from the Intestine).

## NOTES

1. Yellowishness (Jaundice) will leak out from the urine when urination is normal. Thus Yellowishness will not occur.

2. The Spleen is strong enough: On the seventh or eighth day, when the Spleen Yang Vital Energy is restored, it will move the decayed and fouled stagnance of Cold and Humidity from the Intestine.

Wu Qian: How can we diagnose that the Spleen is strong? A floating-moderate pulse and warmth on the hands and feet are symptoms and signs that indicate a strong Vital Energy in the Spleen.

*Acupuncture Points*: Gongsun (SP 4), Wangu (SI 4), Zhongwan (RN 12), Tianshu (ST 25).

## CLAUSE 279

When a purgative is adopted for the Initial Yang syndrome, abdominal distention and pain appear time and again. This is an indication that the syndrome has transmitted into the Initial Yin Channel. Decoction of Ramulus Cinnamomi adding Radix Paeoniae will act as a

curative. If there is excessive Interior Heat and acute pain in the abdomen, then Decoction of Ramulus Cinnamomi adding Radix et Rhizoma Rhei can be adopted as a relief (1).

## NOTES

1. Wu Qian: The misapplication of a purgative for febrile disease caused by Wind of the Initial Yang will lead the syndrome to transmit into the Interior. When abdominal distention and pain appear, the pain is caused by an Interior Deficiency of the Initial Yin Channel. The treatment in such a case is the adoption of Decoction of Ramulus Cinnamomi adding Radix Paeoniae to disperse the Exterior syndrome of the Initial Yang and to harmonize the Interior Deficiency of the Initial Yin. In the case that there is excessive Interior Heat and acute pain in the abdomen, then it is a case of a Heat nature of the Initial Yin syndrome. Therefore, Decoction of Ramulus Cinnamomi adding Radix et Rhizoma Rhei is adopted to disperse the Exterior syndrome of the Initial Yang as well as to eliminate the Interior Excess of the Initial Yin.

*Acupuncture Points:* Pishu (BL 20), Sanyinjiao (SP 6), Houxi (SI 3), Weizhong (BL 40), Gongsun (SP 4), Shangjuxu (ST 37).

Decoction of Ramulus Cinnamomi adding Radix Paeoniae  
(*Guizhi Jia Shaoyao Tang*):

Ramulus Cinnamomi	3 <i>liang</i>
Radix Paeoniae	6 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.
Rhizoma Zingiberis Recens	3 <i>liang</i>

Stew the above five drugs in seven *sheng* of water till three *sheng* are left. Filter the decoction and take three doses of the lukewarm decoction.

*Explanation of the Prescription:* When a purgative is mistakenly adopted for the Initial Yang syndrome, the Exterior pathogenetic factor will invade the Initial Yin Channel. This decoction is a curative in this case. Decoction of Ramulus Cinnamomi is used to lead out the pathological condition of the Initial Yang Exterior syndrome, which had invaded the Initial Yin Channel. When Radix Paeoniae is doubled in quantity, it will be more efficacious in aiding the Spleen to harmonize the Interior, eliminate fullness, and relieve pain. This is called a therapy of "harmonizing Yang (Exterior syndrome) with Yin (drugs of a Yin nature, i.e., drugs with a cool and cold quality — *Yong Yin He Yang*)."

## CASES

Case 1 (18 p. 15): Dysentery

Mr. Wang, 46, had been suffering from chronic dysentery for a period of time, with three to six bowel motions a day. Every time he wanted to have a bowel motion, there was no time for him to get to the restroom. Bowel motions were followed by

tenesmus. Stool was mixed with mucus and pus; pulse was deep, tight and slippery. Red tongue was covered with white coating. Diagnosis: A case caused by the imbalance of Yin and Yang of the Spleen and Stomach and invasion of the excessive Liver Vital Energy to the Spleen. Neither cold drugs nor hot drugs could work off the ailment. Harmonization was required. Decoction of *Ramulus Cinnamomi* adding *Radix Paeoniae* was the right curative:

<i>Ramulus Cinnamomi</i>	9 grams
<i>Radix Paeoniae Alba</i>	18 grams
<i>Radix Glycyrrhizae Praeparata</i>	9 grams
<i>Rhizoma Zingiberis Recens</i>	9 grams
<i>Fructus Ziziphi Jujubae</i>	12 pcs.

After taking two doses of the above decoction dysentery reduced to once or twice a day. Another two doses cured the ailment.

#### Case 2 (29 p. 11): Dysentery

Female patient, 39, first treatment on May 3, 1961. Menstruation ceased ten years ago. The patient had a history of pulmonary tuberculosis for four or five years, and had also suffered with gastric pain. A few days before the first treatment, the patient had repeated diarrhea more than 20 times a day after eating some fish. Stools resembled a kind of white glue, mixed with pus and mucus. Tenesmus was also reported. The patient had a latent pain in the lower abdomen around the navel. Other symptoms and signs included: anorexia, chest pain, no thirst, no fever, white and thin tongue coating, floating, tight and speedy pulse. Decoction of *Ramulus Cinnamomi* adding *Radix Paeoniae* and Decoction of *Radix Pulsatillae* (see Clause 371) were combined to form a new prescription, as follows:

<i>Ramulus Cinnamomi</i>	10 grams
<i>Radix Paeoniae Rubra</i>	18 grams
<i>Radix Glycyrrhizae Praeparata</i>	10 grams
<i>Rhizoma Zingiberis Recens</i>	10 grams
<i>Fructus Ziziphi Jujubae</i>	6 pcs.
<i>Radix Pulsatillae</i>	12 grams
<i>Rhizoma Coptidis</i>	4.5 grams
<i>Cortex Phellodendri</i>	10 grams
<i>Cortex Fraxini</i>	12 grams

After taking one dose of the above decoction all symptoms subsided greatly. In the second treatment, Decoction of *Ramulus Cinnamomi* adding *Radix Paeoniae* was given to achieve a full recovery which it did.

#### Case 3 (22 p. 18): Constipation Due to Yin Deficiency

Mr. Zhou, 62, first treatment in September 1972. In March 1970, the patient was retained in a hospital for one month as he had contracted acute pneumonia. On leaving the hospital, the patient felt extremely asthenic and exhausted and had no appetite. Only



one stool was made in ten days, so laxative suppository or senna had to be used. Feces were very dry, in bullet form. Diagnosis: Abdominal distention, anorexia, constipation, emaciation, parched mouth but could not drink much, tongue proper was red, pulse was deep and slender. This was a case caused by an extreme exhaustion of the Body Fluid after a serious illness. Decoction of *Ramulus Cinnamomi* adding *Radix Paeoniae* was prescribed as follows:

<i>Ramulus Cinnamomi</i>	9 grams
<i>Radix Paeoniae Alba</i>	30 grams
<i>Radix Glycyrrhizae Praeparata</i>	6 grams
<i>Fructus Ziziphi Jujubae</i>	5 pcs.
<i>Rhizoma Zingiberis Recens</i>	3 slices
<i>Radix Angelicae Sinensis</i>	15 grams
<i>Herba Cistanchis</i>	30 grams

Six doses were given. After taking the first dose there was a bowel motion. After finishing the six doses, all the syndromes subsided greatly. Pills were made from the above prescription (five dosages) for consolidation. Two pills, each weighing nine grams, were taken every day.

Decoction of *Ramulus Cinnamomi* adding *Radix et Rhizoma Rhei*  
(*Guizhi Jia Daihuang Tang*):

<i>Ramulus Cinnamomi</i>	3 <i>liang</i>
<i>Radix et Rhizoma Rhei</i>	2 <i>liang</i>
<i>Radix Paeoniae</i>	6 <i>liang</i>
<i>Rhizoma Zingiberis Recens</i>	3 <i>liang</i>
<i>Radix Glycyrrhizae Praeparata</i>	2 <i>liang</i>
<i>Fructus Ziziphi Jujubae</i>	12 pcs.

Stew the above six drugs in seven *sheng* of water till three *sheng* are left. Filter the decoction in three doses a day, of one *sheng* each dose.

*Explanation of the Prescription:* Decoction of *Ramulus Cinnamomi* is used to expel the Exterior pathological condition that had invaded the Interior. *Radix et Rhizoma Rhei* is added to the decoction to remove the congelation of pathogenetic factors, so that the pain can be relieved. This is a therapy of simultaneous dispersion of both Exterior and Interior syndromes.

## CASES

### Case 1 (22 p. 16):

Male patient. After contracting a febrile disease caused by Cold and Wind, the patient had constipation and aching on top of the head. Pulse was floating and moderate. There was always sweat all over the body. Decoction of *Ramulus Cinnamomi* adding *Radix et Rhizoma Rhei* was prescribed as follows:

Ramulus Cinnamomi	9 grams
Radix Paeoniae Alba	9 grams
Radix Glycyrrhizae	3 grams
Radix et Rhizoma Rhei	9 grams
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	3 pcs.

Case 2 (22 p. 17): Urticaria

Ms. Su, 32, had been suffering from urticaria for five years. Disease attacked five to six times a year at first, but recently the number of attacks had increased. Symptoms and signs: Itchy rash of different sizes erupted all over the body. When the eruption was at its height, the patient felt a terrible chill and had to cover herself with heavy clothing. There was also constipation and abdominal pain. Decoction of Ramulus Cinnamomi adding Radix et Rhizoma Rhei was prescribed in the following way:

Ramulus Cinnamomi	9 grams
Radix Paeoniae	9 grams
Radix Glycyrrhizae	3 grams
Rhizoma Zingiberis Recens	9 grams
Fructus Ziziphi Jujubae	3 pcs.
Radix et Rhizoma Rhei	9 grams
Fructus Trichosanthis	12 grams
Fructus Cannabis	12 grams

Three hours after taking the decoction itching began to subside and the rash disappeared gradually. Bowels were open and a slight sweat appeared all over the body. No recurrence was reported within the following 15 days.

Case 3 (18 p. 18): Measles

Male patient, 25, had had high fever and no perspiration for about four or five months. Abdominal distention and contraction was present. Urination and stool did not function normally. Lumbago was also reported. Decoction of Ramulus Cinnamomi adding Radix et Rhizoma Rhei was given. After having two or three loose stools, distention and contraction gradually ceased. The next day, a dose of purgative was given with good effect. The following day, a thorough perspiration was accompanied by eruption of a rash. After rash had disappeared the patient made a full recovery.

## CLAUSE 280

When Radix et Rhizoma Rhei and Radix Paeoniae are adopted for the Initial Yin syndrome with a weak pulse and continuous diarrhea, the dosage of the above two drugs should be reduced. This is because the Stomach Vital Energy is too weak to sustain the attack of acute drugs (1).

## NOTES

1. Attention should be paid to the pulse. When the pulse is weak, there must be a Deficiency of the Interior Vital Energy and the syndrome is therefore of a Cold nature. Thus, even though abdominal distention, excessive Heat and acute pain are observed, bitter and cold quality drugs with acute purgative characteristics or sour and cold quality drugs with astringent characteristics should be used with caution. Excessive dosages of these drugs will destroy the Stomach Yang Vital Energy, causing continuous diarrhea, Vital-energy Stagnancy and hardness at the epigastrium.

Yu Chang's remark: In Clause 209, the text says, "... if there is no passing flatus ... it would foretell constipation initially followed by watery stool." It has been emphasized in the above text that doctors should endeavor to protect the Spleen Vital Energy of the Initial Yin. In this clause, the text warns the Radix et Rhizoma Rhei and Radix Paeoniae should be used with caution for the Initial Yin syndrome. The protection of the Stomach Vital Energy of Greater Yang is again emphasized. Be cautious!

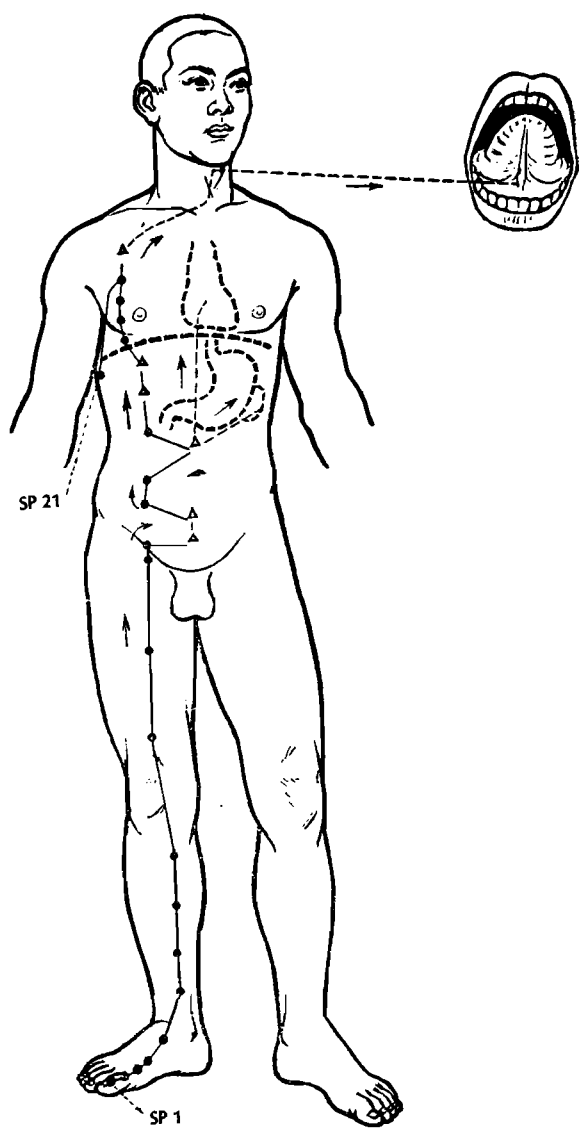


Fig. 4 The Spleen Channel of Foot-Taiyin (Initial Yin)

## CHAPTER V

### DIFFERENTIATION OF THE PULSE, SYMPTOM COMPLEX, AND TREATMENT OF THE *SHAoyin* (LESSER YIN) SYNDROMES

#### CLAUSE 281

The symptoms and signs of the Lesser Yin syndrome are generally a feeble and weak pulse and a tendency for the patient to always fall asleep (1).

#### NOTES

1. This is an outline of Lesser Yin syndrome. The Lesser Yin syndrome is the phase of febrile disease caused by climatic factors of the Interior syndrome with a Deficiency of Yang Vital Energy. The Lesser Yin syndrome is caused by a Deficiency of Yang Vital Energy and insufficiency of Nutrient Essence and Blood. There are a number of dangerous cases caused by the evanescence of Yang Vital Energy with a Deficiency of Heart and Kidney Yang and the collapsing of the Body Resistance. "A feeble and weak pulse and a tendency for the patient to always fall asleep" is only the initial stage of the evanescence of Yang Vital Energy. If it is not treated in time, a number of fatal cases will result.

"The patient tends to fall sleep" is caused by the Deficiency and evanescence of Yang Vital Energy, spiritual tiredness, and dimness in consciousness. Thus the case is different than "tends to sleep" as described in Clauses 37 and 231 (for details, see the relevant clauses).

Wu Qian: Lesser Yin is a Channel of the Kidney. The Kidney is one of the Five Viscera with a prevalence of Yin. When the syndrome rests on the Lesser Yin, Yang Vital Energy is hampered and becomes weak. This is reflected by a weak-feeble pulse. When the pathological condition affects the Lesser Yin Channel, Yin Vital Essence prevails. This will bring sleep to the patient. (This is because Yang always represents movement, and Yin represents tranquility, as mentioned in the "Definition of Yin and Yang" in Clause 3.)

*Acupuncture Points:* Guanyuan (RN 4), Qihai (RN 6), Taixi (KI 3), Shenmen (HT 7).

#### CLAUSE 282

Lesser Yin syndrome: The patient is restless and nauseous al-

though he cannot vomit up anything and tends to fall asleep. On the fifth or sixth day, if the patient is thirsty and has diarrhea, it will be a Lesser Yin syndrome. Thirst is a reaction of self-rescue to a deficient case. When the urine is clean, all Lesser Yin symptoms are present. The reason for clean urine is that the deficient Vital Energy at the Lower Portion of the Body Cavity cannot control the water circulation. Thus the urine is clean (1).

#### NOTES

1. The symptoms described in this clause are caused by the adverse ascending of the Cold pathogenetic factor. Thus restlessness here is different from the restlessness of the Decoction of Fructus Gardeniae and Semen Sojae Praeparatum syndrome (see Clause 76) and the restlessness of the Greater Yang syndrome with excessive Heat.

Diarrhea is caused by Deficiency and Cold. "Thirst" reflects the exhaustion of the Body Fluid and a Deficiency of Yang Vital Energy. Thirst is a self-rescue reaction. The patient must be fond of hot water and cannot drink much. Thus, "thirst" in this clause is different from the "great thirst" of the Stomach Heat syndrome of the Greater Yang Channel.

Clean urine is an indication of absolute Coldness of the Lesser Yin Channel.

This clause also serves as a supplement to Clause 281.

Wang Hu: The symptoms in this clause suggest a syndrome of a Heat nature. But when the urine is clean, it is a proof of a real Cold syndrome. Thirst is a self-rescue reaction when the Body Fluid is exhausted. Serving the patient cold water will be a good indication. He must drink only a little. That proves a syndrome of a Cold nature.

*Acupuncture Points:* Guanyuan (RN 4), Taixi (KI 3), Zhaohai (KI 6), Chengjiang (RN 24).

#### CLAUSE 283

A tense pulse at both Yin and Yang (pulse under the ring-finger and fore-finger) but with perspiration (1) is an indication of the evanescence of Yang Vital Energy. This is the Lesser Yin syndrome which should also bear the symptoms of sore throat (2), nausea, vomiting, and diarrhea.

#### NOTES

1. The Lesser Yin syndrome with a tense pulse and no fever should not have perspiration. When there is perspiration with a tense pulse, it indicates the prevalence of Yin at the Interior and the evanescence of Yang at the Exterior.

2. Sore throat is caused by the prevalence of pathogenetic Cold of a Yin nature and ascending of deficient Yang Vital Energy. Thus there is no inflammation of the throat.

*Acupuncture Points:* Baihui (DU 20), Mingmen (DU 4), Lieque (LU 7), Zhaohai (KI 6).

### CLAUSE 284

The Lesser Yin syndrome with cough, diarrhea, and delirium is caused by misapplication of scorching therapy. Dysuria is sure to occur, as Lesser Yin is forced to accept diaphoresis (1).

#### NOTES

1. The Lesser Yin syndrome is of a Yin (deficient, Cold) nature which should not be treated with any diaphoresis. Scorching therapy adopted as diaphoresis will cause a Deficiency of Yang Vital Energy and exhaustion of the Body Fluid. Diarrhea is caused by a Deficiency of Yang Vital Energy at the Lower Portion of the Body Cavity. Delirium will occur when the Heart spiritual Vital Energy is deficient and floating outward. A loss of Body Fluid will bring about dysuria.

Wu Qian: Lesser Yin is a Channel of the Kidney, which dominates Water circulation. When it is affected by a pathogenetic factor, it loses its control of Water circulation. When the pathological condition ascends, a cough is brought on; when it descends, diarrhea will result. After scorching therapy is adopted to forcibly obtain a perspiration, the syndrome will turn into one of a Heat nature and invade the Stomach. Delirium thus results. Exhaustion of the Body Fluid will bring about dysuria. All these are the outcome of forcibly obtaining perspiration with a Lesser Yin syndrome. To rescue Yin Vital Essence, either Decoction of *Baihu* or Decoction of Polyporus Umbellatus\* can be adopted as the remedy.

\*Decoction of *Baihu*, see Clause 176. Decoction of Polyporus Umbellatus, see Clause 223.

*Acupuncture Points:* Tongli (HT 5), Dazhong (KI 4), Neiguan (PC 6), Zhubin (KI 9).

### CLAUSE 285

The Lesser Yin syndrome with a slender, deep, and speedy pulse (1) would indicate that the syndrome is at the Interior. Diaphoresis is prohibited.

#### NOTES

1. Slender, deep, and speedy pulse: A slender pulse indicates a lack of Nutrient Essence (Blood). A deep pulse invariably indicates that the syndrome is at the Interior. When a speedy pulse is observed in a deep-slender pulse, it also indicates an Interior syndrome of a Yin nature. Therefore, a speedy pulse is no longer an indication of a Heat syndrome in this case.\* A pulse reflecting the extreme Yin syndrome may also

beat seven or eight times during a breath. When the pulse is felt, there is a feeling that the pulse seems to be dispersing and that it is without strength.

\*Cheng Zhi's note has a different understanding of the nature of a speedy pulse than that which is described in this clause.

Cheng Zhi said: This clause is a prohibition against the adoption of diaphoresis with the Lesser Yin syndrome with a Heat syndrome at the Interior. A feeble and slender pulse is the corresponding pulse of the Lesser Yin syndrome. But in this case, the pulse is also deep and speedy. This proves the existence of an Interior pathogenetic Heat. When diaphoresis is adopted, the Channel will be affected with an increase in Dryness and Heat. There may appear complications of different hemorrhaging.

*Acupuncture Points:* Taixi (KI 3), Shenmen (HT 7), Ximen (PC 4), Jiaoxin (KI 8).

## CLAUSE 286

Diaphoresis cannot be adopted for Lesser Yin syndrome with a feeble pulse (1), as a feeble pulse is an indication of the evanescence of Yang Vital Energy. When Yang is already in a deficient state, another purgative is prohibited if the pulse under the ring-finger is weak and hesitant (2).

### NOTES

1. Feeble pulse: an indication of Yang Vital Energy being deficient and evanescent.
2. A weak and hesitant pulse reflects an insufficiency of Yin Blood.

Wu Qian: Lesser Yin syndrome with a feeble pulse: Even if there is a fever, the case is one of Exterior Heat with Interior Cold of the Lesser Yin syndrome (real Cold with false Heat). Therefore, it is different than the Initial Yang syndrome with fever. Diaphoresis is prohibited. Misapplication of diaphoresis will cause evanescence (loss) of Yang Vital Energy. When Yang Vital Energy is deficient and the Body Fluid is exhausted, with symptoms and signs of a parched throat and mouth as well as pulse weak and hesitant under the ring-finger, a purgative should not be adopted. Otherwise evanescence (loss) of Yin will result.

## CLAUSE 287

Lesser Yin syndrome with a tense pulse: On the seventh or eighth day, the patient begins to have diarrhea, his hands and feet warm up (1), and his pulse suddenly changes from tense to feeble (2). This is an indication of recovery. Although restlessness and diarrhea still remain, they are sure to heal by themselves.

### NOTES

1. The hands and feet warm up: a symbol of recovery of Yang Vital Energy.



2. The pulse changes from tense to feeble: it reflects the dispersion of the pathogenetic Cold.

*Moxibustion on points:* Guanmen (ST 22), Qihai (RN 6).

### CLAUSE 288

Lesser Yin syndrome with diarrhea: When the diarrhea stops spontaneously, the patient has chills and curls himself up in bed with warm hands and feet. This would be a curable case (1).

#### NOTES

1. Diarrhea, chills, and curling up in bed are symbols of extreme Coldness of a Yin nature. When the diarrhea stops and the hands and feet warm up, Yang Vital Energy is restoring and Coldness is dispersing. Thus it is a curable case.

*Acupuncture Points:* Gongsun (SP 4), Neiguan (PC 6), Dazhu (BL 11), Shenshu (BL 23).

### CLAUSE 289

Lesser Yin syndrome: The patient has chills and curls himself up in bed. He also feels restless time and again. When he wants to remove his clothes and the quilt (1), it is an indication of a curable case.

#### NOTES

1. When the patient wants to remove his clothes and the quilt, it can be diagnosed that Yang Vital Energy is restoring and is conflicting with the Yin pathogenetic factor.

*Acupuncture Points:* Dazhui (DU 14), Mingmen (DU 4), Shenmen (HT 7), Zhizheng (SI 7).

### CLAUSE 290

Febrile disease caused by Wind of the Lesser Yin syndrome: A pulse feeble at Yang and floating at Yin (1) is a symbol of recovery.

#### NOTES

1. Pulse at Yang: pulse under the fore-finger. Pulse at Yin: pulse under the ring-finger. A pulse feeble under the fore-finger indicates that Wind is weakening. A pulse floating under the ring-finger signifies the recovery of Yang Vital Energy. When Yang Vital Energy is recovering and the pathogenetic factor is weakening, there is sure to be a recovery.

**CLAUSE 291**

The Lesser Yin syndrome is likely to heal approximately between 11:00 p.m. and 5:00 a.m. the next morning (from *zi* to *yin*) (1).

**NOTES**

1. See note of Clause 9.

**CLAUSE 292**

The Lesser Yin syndrome with nausea, vomiting, and diarrhea, but with fever on the hands and feet (1) instead of coldness, would indicate a curable case. If the pulse is not sensible (2), moxibustion therapy should be practiced seven times on the acupoints of the Lesser Yin Channel (3).

**NOTES**

1. Fever on the hands and feet indicates the recovery of Yang Vital Energy.
2. The pulse is not sensible: Owing to serious vomiting and diarrhea, the normal function of Yang Vital Energy is obstructed temporarily. It is different from a case of extreme exhaustion of Yang Vital Energy.

Yu Chang: With fever on the hands and feet: It can be diagnosed that the syndrome is a case with Exterior Yang and Interior Yin. Thus moxibustion on the acupoints of the Lesser Yin Channel is adopted to let in the Yang. The adoption of a decoction with warm-quality drugs is not necessary.

3. The names of the acupoints vary according to the different commentators. They include: Taixi (KI 3), Fuliu (KI 7), Guanyuan (RN 4), Qihai (RN 6), etc. Moxibustion on acupoints of the Lesser Yin Channel can dredge the Yang Vital Energy and warm the Channel. Then the pulse will resume its pulsation. But vomiting and diarrhea are causing the loss of great volumes of Water and Fluid. When the pulse is not sensible, it reflects the severe Deficiency of Blood circulation. Obviously moxibustion therapy is not adequate for such a serious case.

**CLAUSE 293**

Lesser Yin syndrome: On the eighth or ninth day, the patient is feverish over the body, hands, and feet. This is an indication of pathogenetic Heat resting on the Urinary Bladder. There must be hematuria (1).

**NOTES**

1. When the Lesser Yin syndrome transmits to the Initial Yang Urinary Bladder, the pathological condition moves from the Kidney of the Lesser Yin to the Urinary Blad-

der of the Initial Yang, as the former and the latter are Interior-Exterior connected. When Yang Vital Energy is recovered, the Lesser Yin syndrome may transmit to the Initial Yang Channel and cause symptoms of fever over the body, hands and feet, and hematuria as well.

*Acupuncture Points:* Yanglao (SI 6), Jinmen (BL 63), Shaofu (HT 8), Zhubin (KI 9).

## CLAUSE 294

Lesser Yin syndrome with coldness on the extremities but without perspiration: If diaphoresis is adopted for such a case, there will be hemorrhage, possibly from the mouth, nose or eyes, or from any other organs. This is a difficult case to treat. It is termed "Lower coldness with upper exhaustion" (1).

## NOTES

1. Lower coldness with upper exhaustion will be a difficult case to treat. Lower coldness should be treated with warm drugs. But upper hemorrhaging (exhaustion of the Nutrient Essence and Blood) will be aggravated by the adoption of warm drugs. Thus the case is a difficult one to deal with. Some scholars suggested a therapy of simultaneously tonifying the Yin (Nutrient Essence and Blood) and restoring the Yang Vital Energy. Decoction for Restoring Yang with Six Drugs (*Liuwei Hui Yang Yin*) would be the remedy. The prescription consists of:

Radix Aconiti Praeparata  
 Radix Ginseng  
 Radix Rehmanniae Praeparata  
 Radix Angelicae Sinensis  
 Radix Glycyrrhizae  
 Rhizoma Zingiberis

Shen Mingzong: The Lesser Yin syndrome with coldness on the extremities but without perspiration would indicate an Interior syndrome. *Sini* Powder (see Clause 318) should be adopted to harmonize the Yin and disperse the pathogenetic factor. How can diaphoresis be adopted to forcibly obtain a perspiration? This would be a mistake.

*Acupuncture Points:* Jiaoxin (KI 8), Quepen (ST 12), Ximen (PC 4), Qihai (RN 6), Yinlingquan (SP 9).

## CLAUSE 295

Lesser Yin syndrome: It would be a fatal case (1) if the patient has diarrhea, chills, and curls himself up in bed with coldness on the extremities (2).

## NOTES

1. "Fatal case" appears quite often in the text of this chapter and the next chapter. The meaning of fatal case is generally "a serious case that is difficult to rescue" or "a case that might result fatally."

2. Decoction of *Sini* adding Radix Ginseng would rescue this case.

Yu Chang: The syndrome discussed in this clause is a case with an absolute prevalence of Yin and total exhaustion of Yang. Even if decoctions with warm and hot quality drugs (Decoction of *Sini* and the like) are adopted, it is hardly possible to restore the Yang Vital Energy when it has been totally exhausted.

## CLAUSE 296

The Lesser Yin syndrome with vomiting, diarrhea, restlessness and coldness on the extremities (1) is a fatal case.

## NOTES

1. All these are symptoms that indicate a total collapse and exhaustion of Yang Vital Energy.

## CLAUSE 297

Lesser Yin syndrome: When diarrhea stops, symptoms of vertigo and dim vision (1) would indicate a fatal case.

## NOTES

1. Such symptoms are caused by the exhaustion of Yin at the lower portion and evanescence of Yang at the upper portion.

## CLAUSE 298

Lesser Yin syndrome with coldness on the extremities, chills, and curling up in bed: When the pulse is not sensible and the patient does not feel annoyed but rather feels irritated (1), it would be a fatal case.

## NOTES

1. Annoying (restlessness) is a symptom of a Yang nature. Irritation is a symptom of a Yin nature. Thus all the symptoms in this clause are of a Yin nature. A case with complete Yin symptoms always ends fatally.

## CLAUSE 299

Lesser Yin syndrome: On the sixth or the seventh day, if the patient feels suffocated (1), it will be a fatal case.

## NOTES

1. Feel suffocated: The Chinese text means to “breathe high (*Xigao*),” describing a symptom of difficulty in breathing with more outgoing breath than incoming breath. It is a fatal case.

## CLAUSE 300

Lesser Yin syndrome with a feeble, slender and deep pulse: The patient tends to lie in bed, perspires, is nauseous and wants to vomit, but is not annoyed. By the fifth or sixth day, when the patient suffers from diarrhea, annoyance, irritation, and an inability to fall asleep, it would be a fatal case (1).

## NOTES

1. This clause describes an adverse case of evanescence of Yang and exhaustion of Yin. “A feeble, slender and deep pulse and the patient tends to be in bed” are symptoms and signs of the Lesser Yin syndrome. The adoption of a decoction with warm-quality drugs can be a remedy. Perspiration is an indication of evanescence of Yang Vital Energy. The text “... is nauseous and wants to vomit, but is not annoyed” indicates the adverse ascending of pathogenetic Cold. Decoction of *Sini* and its like should be adopted urgently in such a case. If timely treatment is not given, the case would be aggravated as shown by the symptoms described in the latter part of the clause.

*Remark:* Generally speaking, if the syndrome is in a state of “extreme prevalence of Yin without Yang” or “evanescence of Yang and exhaustion of Yin,” then the case would be a fatal one. So the degree of “evanescence of Yang” is a decisive factor of whether it is a fatal case. When Yang Vital Energy exists or recovers, it will be a curable case, as described in Clauses 287-290, 292 and 293. When Yang Vital Energy is completely evanescent, it would be a fatal case, as described in Clauses 294-300. Thus, the existence or recovery of Yang Vital Energy is of vital importance to a case.

## CLAUSE 301

Decoction of *Herba Ephedrae*, *Herba Asari*, and *Radix Aconiti Praeparata* would act as curatives for the initial stage of the Lesser Yin syndrome with symptoms and signs\* of fever (1) and a deep pulse (2).

\*According to the efficacy of the prescription, it can be inferred that there should also be symptoms of chill and no perspiration here. So it should read: “... with symptoms and signs of fever, chill, a deep pulse, and no perspiration.”

## NOTES

1. The Lesser Yin syndrome should not include the symptom of fever. Thus,

when there is a fever, it indicates the existence of the Initial Yang Exterior syndrome. A prescription treating both the syndromes of Initial Yang and Lesser Yin should be adopted.

2. Lin Lan: A deep pulse always indicates that the syndrome is at the Interior. But it does not always indicate the existence of pathogenetic Cold. Among Lesser Yin syndromes, a feeble-slender-deep pulse foretells a case of a Cold nature, while a speedy-slender-deep pulse will indicate the existence of pathogenetic Heat. Be cautious.

Decoction of Herba Ephedrae, Herba Asari and Radix Aconiti Praeparata  
(*Mahuang Xixin Fuzi Tang*):

Herba Ephedrae	2 <i>liang</i>
Herba Asari	2 <i>liang</i>
Radix Aconiti Praeparata	1 pc.

Stew Herba Ephedrae in one *dou* of water till eight *sheng* are left. Filter the decoction and put the rest of the drugs into it and stew it till three *sheng* are left. Take three doses a day of one *sheng* each dose.

*Explanation of the Prescription:* Herba Ephedrae dispels the Exterior Coldness of Initial Yang. Radix Aconiti Praeparata warms the Lesser Yin Channel. Herba Asari is warm and dispersive. Thus it simultaneously warms the (Lesser Yin) Channel and disperse the Exterior syndrome and is applicable to cases of Lesser Yin syndrome with complications of an Exterior syndrome.

*Acupuncture Points:* Wangu (SI 4), Tongli (HT 5), Taixi (KI 3), Feiyang (BL 58).

## CASES

Case 1 (18 p. 332): Aphonia

Mr. Li, 56. After 10 days of working at night, he was exposed to wind and cold and began to feel a pain in the throat with chill and fever. Tongue was pale, with thin and white coating. At first he had a hoarse voice and later was unable to utter any sound. This was a case caused by the direct invasion of pathogenetic Cold into the Lesser Yin Channel. Decoction of Herba Ephedrae, Herba Asari and Radix Aconiti Praeparata was given to disperse the pathogenesis:

Herba Ephedrae (stewed first)	9 grams
Radix Aconiti Praeparata	9 grams
Herba Asari	2 grams

After taking two doses of the above decoction the throat pain was gone and the patient was able to speak normally.

Case 2 (22 p. 47): Absence of Sweat All Year

Zhang, boy of 13, first treatment on September 12, 1976. The boy had not been able to sweat in the last seven years. The syndrome began when he swam on an early

summer day and caught a cold afterwards. As the patient did not secrete any sweat as is normal, he would feel terribly cold in winter and irritably hot and restless in summer as body heat could not be released through perspiration. He was always irritated and restless and would pant a lot on exertion. Appetite was still good; urination and stool were normal. On the edge of tongue, small dots of purple color could be found. Tongue coating was thin. Pulse was deep-slender and slightly speedy.

Diagnosis: Disease was caused by pathogenetic Cold resting at the Exterior of the body. *Couli* was obstructed. Channels and Collaterals were affected. Glands were blocked. Drugs of warm quality were prescribed to disperse the Cold and smooth the obstruction. Decoction of *Herba Ephedrae*, *Herba Asari* and *Radix Aconiti Praeparata* was the principal treat in the following prescription:

<i>Radix Aconiti Praeparata</i>	4.5 grams
<i>Herba Ephedrae</i>	3 grams
<i>Herba Asari</i>	2.5 grams
<i>Semen Persicae</i>	12 grams
<i>Rhizoma Ligustici Chuanxiong</i>	9 grams
<i>Radix Paeoniae Rubra</i>	6 grams
<i>Fructus Liquidambaris</i>	12 grams

Second treatment on September 20. After taking the above decoction, the patient's skin was not as dry as before. All the other conditions remained the same. The above decoction with *Herba Ephedrae* increased to six grams was given in five doses. After taking the medicine, the patient reported to the doctor that his skin became moist and there was slight sweat all over the body. Other symptoms such as restlessness and irritation were greatly reduced. However, as the weather was getting cooler it was not easy to study the effect, so the doctor instructed the patient to come to him the following year.

Third treatment on July 17, 1977. As it was getting warm, there was a relapse of the previous symptoms and signs. The following decoction was prescribed aiming at treating the ailment from both the Interior and the Exterior:

<i>Radix Aconiti Praeparata</i>	6 grams
<i>Herba Ephedrae</i>	6 grams
<i>Herba Asari</i>	3 grams
<i>Herba Elsholtziae seu Moslae</i>	1.2 grams
<i>Herba Schizonepetae</i>	9 grams
<i>Herba Spirodelae</i>	9 grams
<i>Rhizoma Ligustici Chuanxiong</i>	6 grams
<i>Radix Glycyrrhizae Praeparata</i>	3 grams

Fumigation and washing therapy were also practiced once a day. Decoction was stewed from the following drugs: *Herba Ephedrae*, three grams; *Radix Angelicae Dahuricae*, three grams; *Folium Perillae*, six grams; and *Herba Spirodelae*, three grams. Then pour the decoction into a bathtub with hot water. Fumigate the patient. The patient's body should be wrapped with a sheet. When the water was cool enough for washing, the patient sat in the tub until the water cooled down.

Fourth treatment on July 24. After administering the above therapies, the patient was delighted to tell the doctor that he was having a thorough perspiration and was feeling very well. Pulse slowed down to normal. Such treatment was given in the following days. Later, when the doctor visited the boy several times, no recurrence was reported.

Case 3 (22 p. 48): Somnolence

Mr. Shi, 21, first treatment on March 18, 1978. The patient had been sleepy for more than 10 months, with vertigo and headache. He felt depressed and would sleep through the whole morning. It was difficult to wake him up. Blood pressure: 110/80 mm.Hg. Pulse was small and moderate. Tongue proper was swollen, with thin coating. According to the clauses in the Lesser Yin Channel syndrome, this must be a case caused by the inability of Yang. Decoction of *Herba Ephedrae*, *Herba Asari* and *Radix Aconiti Praeparata* was given to replenish the Yang so as to resume its function:

<i>Herba Ephedrae</i>	3 grams
<i>Radix Aconiti Praeparata</i>	3 grams
<i>Herba Asari</i>	2 grams
<i>Radix Glycyrrhizae Praeparata</i>	3 grams
<i>Herba Agrimoniae</i>	30 grams

Second treatment on March 23. After taking five doses of the above decoction, the patient woke up early in the morning and felt much better. At noon he felt very energetic. Another four doses were prescribed, and they worked as anticipated.

## CLAUSE 302

Lesser Yin syndrome, two or three days: Decoction of *Herba Ephedrae*, *Radix Aconiti Praeparata*, and *Radix Glycyrrhizae* can be adopted as a diaphoresis to induce a light perspiration. The reason is that there is no Interior syndrome (1) on the second or third day of the Lesser Yin syndrome, so a diaphoretic can be adopted to produce light perspiration.

## NOTES

1. This is a case of the Lesser Yin syndrome with complications of the Initial Yang Exterior syndrome. "No Interior syndrome" means no symptoms of vomiting, diarrhea, irritation, and thirst. Only when there is no Interior syndrome can the therapies of diaphoresis and warming channel be adopted at the same time. This clause should be treated as a continuation of Clause 301. Thus the symptoms and signs of fever, chill, deep pulse, and no perspiration should also be included in this clause.

Decoction of *Herba Ephedrae*, *Radix Aconiti* and *Radix Glycyrrhizae*  
(*Mahuang Fuzi Gancao Tang*):

*Herba Ephedrae*

2 liang



Radix Glycyrrhizae Praeparata  
Radix Aconiti Praeparata

2 *liang*  
1 *pc.*

Stew Herba Ephedrae in seven *sheng* of water for a while and put the rest of the drugs into it. Stew the decoction till three *sheng* are left. Filter the decoction and take three doses a day of one *sheng* each dose.

*Explanation of the Prescription:* This is also a decoction for simultaneously warming the Channel and dispersing the Exterior syndrome. Radix Glycyrrhizae is used instead of Herba Asari (compared with the decoction of Clause 301), as this is a remedy for a less serious case.

*Acupuncture Points:* Shenmen (HT 7), Zhizheng (SI 7), Taixi (KI 3), Zusanli (ST 36).

## CASES

### Case 1 (12 p. 159): Edema

Female patient, around 50, was suffering from edema all over the body and was hospitalized. Three months before she was taken into the hospital her eyelids began to swell, then dropsy spread all over the body. Pitting of the skin occurred when it was pressed. Her weight increased from 40 to 70 kilograms within two or three months and she had difficulty in moving her body. Appetite was poor with soft stool and little urination. It was diagnosed as edema caused by disturbance of the Kidney. Pulse was deep and small. Decoction of Herba Ephedrae, Radix Aconiti Praeparata and Radix Glycyrrhizae Praeparata was prescribed to bring about a perspiration so that edema could be eliminated. After taking three doses of the decoction there was a thorough perspiration. There was also a slight reduction of the edema. *Wuling Powder\** and Kidney-tonics were given to restore the Kidney function, after which the patient passed ample urine, more than 10 times in a day and night. Two weeks later the edema subsided and weight reduced to the original 40 kilograms.

\*See Clause 71.

### Case 2 (18 p. 335): Feeling Cold in Summer

Mr. Tang was feeling terribly cold in summer and had to wear winter clothes. The doctor prescribed Herba Ephedrae 3 *fen*, Radix Aconiti Praeparata 3 *fen* and Radix Glycyrrhizae Praeparata 1 *fen* as the treatment. He had to force the patient to take the medicine (as these drugs were considered too hot for summer season). After taking one dose the patient took off half of his heavy clothes, and the second dose made him take off the unnecessary clothing for the season.

## CLAUSE 303

Lesser Yin syndrome, after two or three days: Decoction of Rhizoma Coptidis and Colla Corii Asini will act as curatives in the case with restlessness and insomnia.

Decoction of Rhizoma Coptidis and Colla Corii Asini  
(*Huanglian Ejiao Tang*):

Rhizoma Coptidis	4 <i>liang</i>
Radix Scutellariae	2 <i>liang</i>
Radix Paeoniae	2 <i>liang</i>
Egg yolks	2 pcs.
Colla Corii Asini	3 <i>liang</i>

Stew the three herbs in five *sheng* of water till two *sheng* are left. Filter the decoction and put Colla Corii Asini into it till it is completely melted. When lukewarm, put the egg yolks into it and mix them evenly.

*Explanation of the Prescription:* This is a prescription of a decoction of *Xiexin*\* type for the Lesser Yin syndrome which tonifies the Yin and harmonizes the Yang. Radix Scutellariae and Rhizoma Coptidis reduce the pathogenetic Heat of the Heart. Colla Corii Asini moisten the Yin of the Kidney. When egg yolk is used together with Radix Scutellariae and Rhizoma Coptidis, they can reduce the pathogenetic Heat of the Heart and tonify the Blood of the Heart at the same time. Aided by Radix Paeoniae, Colla Corii Asini tonifies the Yin as well as astringes the Yang Vital Energy.

\*See Clauses 149-158.

*Remark:* Heat syndrome of Lesser Yin comes from:

- 1) Transmitted from the Yang Channels;
- 2) Cold syndrome of the Lesser Yin Channel turns into a Heat syndrome\* when Cold has been accumulated for a long period of time.

\*This is termed "extreme Cold will turn into Heat" and "extreme Heat will turn into Cold." When a syndrome of a Cold nature develops to the extreme, deficient Yang will float outwardly to bring symptoms and signs of false Heat (and vice versa for a syndrome of a Heat nature).

*Acupuncture Points:* Shaochong (HT 9), Yongquan (KI 1), Zhaohai (KI 6), Ximen (PC 4).

## CASES

Case 1 (18 p. 382): Insomnia

Mrs. Pan had been suffering from insomnia for many years. Accompanying symptoms and signs included: vertigo, flushed face, restlessness, tossing and turning in bed, parched mouth, ample perspiration, tinnitus, lumbago, red tongue covered with thin coating, slender and speedy pulse. This was a case caused by the insufficiency of Kidney Water and Deficiency of Yin at the lower portion, causing the rampage of Heart Fire at the upper portion. Yang and Yin were not in harmony. Decoction of Rhizoma Coptidis and Colla Corii Asini with additions was prescribed:

Rhizoma Coptidis	6 grams
Radix Scutellariae	9 grams
Radix Paeoniae Alba	9 grams
Cortex Cinnamomi	1.5 grams
Radix Glycyrrhizae	30 grams
Os Draconis	30 grams
Concha Ostreae	30 grams
Fructus Triticis Levis	30 grams
Colla Corii Asini (melt in the decoction)	9 grams
Egg yolk (mix in the decoction)	1 pc.

#### Case 2 (18 p. 382): Seminal Emission and Ejaculatio Praecox

Male patient. Insufficiency of Kidney Water caused the Fire to be rampant. The patient had heart burn and his tongue was as bright as persimmon. In sexual life, ejaculation was too easy and erection was too ready. Decoction of Rhizoma Coptidis and Colla Corii Asini was the right cure:

Rhizoma Coptidis (prepared with salt)
Radix Scutellariae
Cortex Phellodendri
Colla Corii Asini
Radix Rehmanniae
Radix Glycyrrhizae
Egg yolk

Put 3 *qian* (9 grams) of powder of Radix et Rhizoma Rhei into an egg and steam that egg till well cooked. Eat one such egg each day. Treatment of a similar kind was given to bring forth a full recovery.

#### Case 3 (22 p. 212): Insomnia and Restlessness

Female patient, 34, was eating stewed chicken with Radix Astragali (total amount 500 grams) 20 days after childbirth. However, the patient began to feel restless and insomniac tossing and turning in bed, and sometimes becoming maniac and apt to lose her temper. Tongue was red, covered with thin coating. Pulse was slender and speedy. The disease was caused by adoption of warm-quality tonic (Radix Astragali) when the patient had just lost plenty of Blood. When Yin was consumed, Heart Fire went out of control and caused restlessness and insomnia. Decoction of Rhizoma Coptidis and Colla Corii Asini was given:

Rhizoma Coptidis	9 grams
Colla Corii Asini (prepared separately)	12 grams
Radix Paeoniae Alba	9 grams
Radix Scutellariae	9 grams
Egg yolk	2 pcs.

One dose of the decoction worked off the ailment to a great extent. Two doses were added to the treatment.

**CLAUSE 304**

Lesser Yin syndrome, the first or second day: When the patient has chills over the back and has no abnormal sensation in the mouth (1), moxibustion therapy (2) can be practiced. Decoction of Radix Aconiti Praeparata should be adopted.

**NOTES**

1. "Has no abnormal sensation in the mouth": No bitterness or parched feeling in mouth, which indicates that there is no Interior syndrome.

2. Moxibustion therapy is adopted to tonify the Yang and disperse the Yin. Acupoints may be as follows: Geshu (BL 17) and Guanyuan (RN 4) or Dazhui (DU 14) and Geshu (BL 17).

Decoction of Radix Aconiti Praeparata

(*Fuzi Tang*):

Radix Aconiti Praeparata	2 pcs.
Poria	3 <i>liang</i>
Radix Ginseng	2 <i>liang</i>
Rhizoma Atractylodis Macrocephalae	4 <i>liang</i>
Radix Paeoniae	3 <i>liang</i>

Stew the above five drugs in eight *sheng* of water till three *sheng* are left. Filter the decoction and take three lukewarm doses of one *sheng* each dose.

*Explanation of the Prescription:* This decoction warms and tonifies the syndrome to a great extent. Radix Aconiti Praeparata disperses the Cold from both the Interior and Exterior. Radix Ginseng, Poria, and Rhizoma Atractylodis Macrocephalae tonify the Deficiency of the Vital Resistance. Radix Paeoniae astringes the Yin. Thus this decoction is a remedy for warming the Channel and tonifying the Yang Vital Energy. Therefore, it is considered to be one of the most important prescriptions for the Lesser Yin syndrome with the efficacy of stabilizing the Vital Resistance and dispersing the pathogenetic factors.

**CASES**

Case 1 (24 p. 184):

Male patient, 26, fell ill a week ago. Pulse was slender and feeble. He liked to cover himself with a quilt and hated noise. The patient did not speak, had no appetite and curled himself up in bed with eyes closed but could not sleep. This was a case of insufficiency of Yang, a Decoction of Radix Aconiti Praeparata syndrome. Three doses of the decoction cured the ailment.

Case 2 (24 p. 184): Somnolence

Male patient, 26, had been suffering from somnolence for three years. He slept

night and day. When woken up for meals he could hardly finish the meal before dozing off. He was even sleeping when he had to walk. The patient was in a terrible condition. Pulse was slow and slender. This was a pathological condition with rampant Yin and depressed Yang. Decoction of Radix Aconiti Praeparata was the right cure to revitalize the patient. Ten doses of the decoction brought forth a recovery.

Case 3 (24 p. 185): Lumbago

Mr. Pan, 45, had been suffering from severe lumbago after he was exposed to cold and wind. Coldness prevailed on the four limbs. Pulse was deep and slender. One dose of Decoction of Radix Aconiti Praeparata released the pain, and another three doses helped even more.

Case 4 (31 p. 152):

Mr. Xue, 72, was caught in cold rain and began to have chills and fever the next day. He felt dizzy and had to rely on a stick when walking. There was pain all over the body and joints and little urination. Pulse was deep, tight and moderate. Tongue was slippery covered with slightly yellow coating. This was a complication of Initial Yang and Lesser Yin syndromes. Decoction of Radix Aconiti Praeparata was prescribed:

Radix Aconiti Praeparata	2 <i>qian</i>
Radix Glycyrrhizae Praeparata	2 <i>qian</i>
Radix Paeoniae Alba	3 <i>qian</i>
Ramulus Cinnamomi	3 <i>qian</i>
Rhizoma Atractylodis Macrocephalae	3 <i>qian</i>
Poria	5 <i>qian</i>
Rhizoma Zingiberis Recens	3 slices
Fructus Ziziphi Jujubae	3 pcs.

Two days after the first treatment the patient came to the doctor for a second treatment. He said that after taking two doses of the previous decoction he felt much better, but he still did not have an appetite and coughed sometimes, with profuse sputum. Pulse was floating and moderate. Tongue was normal. Prescription was given as follows:

Herba Asari	8 <i>fen</i>
Rhizoma Zingiberis	1.5 <i>qian</i>
Fructus Schisandrae	1.5 <i>qian</i>
Radix Glycyrrhizae Praeparata	1.5 <i>qian</i>
Cortex Magnoliae Officinalis	2 <i>qian</i>
Rhizoma Atractylodis Macrocephalae	3 <i>qian</i>
Radix Codonopsis Pilosulae	4 <i>qian</i>
Fructus Ziziphi Jujubae	3 pcs.

After taking two doses of the above decoction he made a full recovery.

Case 5 (18 p.338): Fever Caused by Yang Deficiency

Mr. Yi, 51, of weak build, suffered from fever in the summer months with pro-

fuse perspiration and spiritual exhaustion. Tongue was extremely dry. Urination was scanty. Pulse was very feeble. This was a case caused by the outward evasion of Yang when the Interior was extremely weak and cold. The evanescent Yang caused the Heat syndrome at the Exterior, which was a "false Heat." Drugs of warm quality and sweet taste were to be adopted to eliminate such "Heat." Decoction of Radix Aconiti Praeparata was prescribed, but the patient refused to take the medicine thinking this was wrong. The doctor argued that if the case was of Heat nature, the patient must be restless and thirsty, but the patient was not thirsty at all and the pulse was extremely feeble, with spiritual exhaustion. All these symptoms showed the evanescence of the Yang Vital Energy. When the tongue was dry and mouth parched it showed the lack of Body Fluid, which could be produced only when the Yang Vital Energy was strong. Drugs of warm and sweet quality had to be taken urgently to rescue the patient. Finally the patient was convinced and agreed to take the Decoction of Radix Aconiti Praeparata, adding Radix Astragali, Fructus Tritici, Radix Angelicae Sinensis, and Cortex Cinnamomi. After taking three doses of the above decoction, perspiration stopped and fever dropped. Normal stool was also reported; tongue became moist. Further tonics were given to achieve a full recovery.

#### Case 6 (12 p. 164): Vertigo

Ms. Chen, 48. Four years ago, the patient began to feel vertigo and blood pressure was not stable, varying between 190/140/120/90 mm.Hg. Other symptoms and signs were: palpitation, restlessness and irritation, chest suffocation, heavy limbs, vertigo, insomnia with lots of dreams and scanty urine. She began to put on weight. High blood pressure and coronary atherosclerotic heart disease were the diagnosis made by Western medical doctors. According to Chinese medicine, this was caused by the pathological condition of deficient Yang and rampant Humidity, which should be warmed. Decoction of Radix Aconiti Praeparata was given in the following way:

Radix Codonopsis Pilosulae	6 grams
Rhizoma Atractylodis Macrocephalae	6 grams
Poria	6 grams
Radix Paeoniae Alba	6 grams
Radix Aconiti Praeparata	4.5 grams
Ramulus Loranthi	9 grams
Rhizoma Cibotii	9 grams
Cortex Eucommiae	9 grams
Os Draconis	9 grams
Concha Ostreae	12 grams

After taking the above decoction for two weeks, all the symptoms subsided greatly. Similar treatment was given in the following month or so.

#### CLAUSE 305

Lesser Yin syndrome: Decoction of Radix Aconiti Praeparata suits the syndrome with the following symptoms and signs: pain all over the

body and joints and coldness on the hands and feet with a deep pulse (1).

#### NOTES

1. Decoction of Radix Aconiti Praeparata is used to disperse the Water and Cold stagnating in the slit of the Channels and Collaterals, tendons, and the joints of bones which cause the pain as described in this clause.

*Acupuncture Points:* Guanyuan (RN 4), Zhongji (RN 3), Shen-zhu (DU 12), Mingmen (DU 4).

#### CLAUSE 306

Lesser Yin syndrome: Decoction of *Taohua* will act as a curative for diarrhea with sanious pus (bloody pus).

Decoction of *Taohua*  
(*Taohua Tang*):

Halloysitum Rubrum	1 <i>jin</i> *
Rhizoma Zingiberis	1 <i>sheng</i>
Semen Oryzae Nonglutinosae	1 <i>liang</i>

\*0.5 *jin* in pieces, or 0.5 *jin* in powder.

Stew the above three drugs in seven *sheng* of water till Semen Oryzae Nonglutinosae is well cooked. Filter the decoction and take a seven *ge* decoction with one *fangcunbi* (two grams) powder of Halloysitum Rubrum mixed in the decoction. Take three doses a day. If one dose is efficacious, stop taking the rest.

*Explanation of the Prescription:* This is a decoction for warming the Interior, roughing the Intestine, and stopping diarrhea, with Halloysitum Rubrum stabilizing the Intestine and Stomach functions, Rhizoma Zingiberis dispersing the Interior Cold, and Semen Oryzae Nonglutinosae tonifying the Body Resistance.

*Remark:* Decoction of *Taohua* is applicable to diarrhea of a Cold nature. If it is diarrhea of a Heat nature, it will not be efficacious. Decoction of Radix Pulsatillae (see Clause 371) would then serve as a curative.

*Acupuncture Points:* Guanyuan (RN 4), Tianshu (ST 25), Pishu (BL 20), Geshu (BL 17).

#### CASES

Case 1 (18 p. 403): Dysentery

Mr. Huang, 23, was working close to a stove under the sun in June 1956 when he suddenly felt an acute pain over the abdomen and had repeated diarrhea. Pulse was deep and strengthless. He also felt extremely fatigued, but his urine was clear and he

did not feel restless or thirsty. The doctor had the impression that it was diarrhea caused by Interior Heat after the Heat had dispersed. Decoction of *Taohua* adding *Radix Aconiti Praeparata* was given to revitalize the Yang and astringe the loose bowel. Only one dose was required to cure the ailment.

#### Case 2 (18 p. 404): Early Morning Dysentery

Female patient, 34, had been suffering from early morning dysentery for more than half a year. Other symptoms and signs included pain and a cold feeling at the epigastrium and abdomen, cold extremities, fear of cold, bad appetite. Tongue coating was thin and white; tongue proper was pale. Pulse was deep, slender and strengthless. The following drugs\* were prescribed:

Halloysitum Rubrum	30 grams
Rhizoma Zingiberis	60 grams
Pericarpium Granati	15 grams
Colla Corii Asini (melt into the decoction)	9 grams
Cortex Phellodendri	6 grams

Four doses of the above decoction cured the dysentery.

\*The following drugs were prescribed according to Decoction of *Anshiliu*, a prescription made by Japanese doctors. It is based on Decoction of *Taohua*. Characteristic of this prescription is the heavy dosage of *Rhizoma Zingiberis*, which serves to restore the Yang of the Spleen and the Kidney so as to disperse the Cold and Humidity factors at the lower portion, thus eliminating the root cause of dysentery.

#### Case 3 (22 p. 183): Dysentery

Mr. Chen, 34, first treatment on January 15, 1957. The patient began to suffer from dysentery in June 1956, with abdominal pain and tenesmus. Defecation occurred several dozen times a day. After being treated by Western medicine the ailment subsided, but there were still five to six bowel motions each day with bloody pus, and there was also abdominal distention and repeated retching. The case became aggravated at night. It had lasted for six to seven months before the patient was taken to the hospital. Decoction of *Taohua* with additions and subtractions was the right cure:

Halloysitum Rubrum	9 grams
Limonitum	9 grams
Rhizoma Zingiberis (charred)	4.5 grams
Fructus Chebulae	9 grams
Rhizoma Dioscoreae	30 grams
Radix Sanguisorbae	15 grams
Os Draconis	30 grams
Concha Ostreae	30 grams
Fructus Crataegi (charred)	9 grams

Three doses of the above decoction reduced the disease significantly. Drugs to tonify the Stomach were given to bring about a better result.



**CLAUSE 307**

Lesser Yin syndrome, the second or third day to the fourth or fifth day: Decoction of *Taohua* will act as a curative for continuous diarrhea with sanious pus (1), dysuria, and abdominal pain.

**NOTES**

1. Diarrhea with sanious pus is caused by a Deficiency of the Spleen and Kidney Yang Vital Energy. It is different from diarrhea with sanious pus as described in Clauses 371 and 373.

Yu Chang: This therapy is to stabilize the Interior Vital Energy (*Zhongqi*). When it is stabilized, it will not descend to cause slippery diarrhea. Some commentators say that *Rhizoma Zingiberis* is used in the prescription to eliminate the Stomach Cold. But actually it is not the Cold, but it is the Heat intermingling with the Vital Energy of Lesser Yin that should be eliminated. Therefore, *Rhizoma Zingiberis* is used to disperse the pathogenetic factor, as it is pungent and dispersive.

**CLAUSE 308**

Lesser Yin syndrome: Acupuncture therapy can be practiced (1) with a case of diarrhea with sanious pus.

**NOTES**

1. Acupoints are same as in Clause 306, but it is not mentioned in the text.

Wu Qian: After the adoption of Decoction of *Taohua* for the Lesser Yin syndrome of diarrhea with sanious pus, the syndrome is not gone. Therefore, it must be a case with congelation of the pathogenetic Heat at the Yin. Acupuncture therapy on acupoints of the Lesser Yin Channel will allow the pathogenetic Heat to leak out with the acupuncture. When pathogenetic Heat evanesces, diarrhea will come to a stop.

**CLAUSE 309**

The Lesser Yin syndrome with nausea, vomiting, diarrhea, and coldness on hands and feet, as well as a feeling of restlessness and extremely unbearable irritation can be treated with Decoction of *Fructus Evodiae* (1).

**NOTES**

1. Decoction of *Fructus Evodiae*, see Clause 243.

Cheng Zhi: Nausea, vomiting, and diarrhea are caused by the abnormal ascending of the pathogenetic factor of a Yin nature. Coldness on the extremities is an indication of exhaustion of the Yang Vital Energy, which should under normal condition warm the extremities. Restlessness and irritation are indications of the extreme prevalence of the Yin Vital Essence. The syndrome with these symptoms is really a serious case requiring urgent rescue. *Fructus Evodiae*, pungent and warm, is used to bring down the abnormal

ascending of the Yin Vital Essence. Radix Ginseng, Rhizoma Zingiberis Recens, and Fructus Ziziphi Jujubae, sweet and warm, are used to tonify the central Earth (Spleen and Stomach) so as to eliminate the Kidney pathological condition.\*

\*Conquest Sequence: Spleen (Earth) conquers Kidney (Water).

*Acupuncture Points:* Zhongwan (RN 12), Zusanli (ST 36).

### CLAUSE 310

Lesser Yin syndrome: Decoction of Pigskin can be adopted for a syndrome with symptoms of diarrhea, sore throat, fullness in chest, and annoyance (1).

#### NOTES

1. The above symptoms are caused by the ascending of Fire (Heat) of a deficient and Yin nature. Deficiency of the Spleen hampers the normal digestive function and thus causes diarrhea. Diarrhea then is exhausting and draining the Body Fluid. The outcome is the ascending of Fire (Heat) of a deficient and Yin nature, which causes sore throat, fullness in chest and annoyance. A decoction with bitter and Cold drugs is not suitable for diarrhea of a deficient and Cold nature. A decoction with warm and tonifying drugs is not applicable to the ascending Fire (Heat) of a deficient nature. Therefore, Decoction of Pigskin is used to eliminate the syndrome as it is sweet and mild, tonifying and moistening the Yin.

Decoction of Pigskin  
(*Zhufu Tang*):

Pigskin\*

Stew the pigskin in one *dou* of water till five *sheng* are left. Filter the decoction and put in one *sheng* of white honey (Mel) and five *ge* of Semen Oryzae Nonglutinosae powder and stew it till it is completely melted. Take the decoction in six doses.

\*Pigskin (*Zhufu*): There are several explanations for the term. One commentator calls it "pork." Another one says "pigskin." There is also an explanation saying that the term means "white secretion from pigskin."

*Explanation of the Prescription:* Pigskin and white honey (Mel) are used to eliminate the ascending deficient Fire and aid the Semen Oryzae Nonglutinosae powder in harmonizing the Spleen. Once Fire at the upper portion is eliminated, the symptoms of sore throat and annoyance will disappear. When the Spleen is in harmony, diarrhea will come to a stop.

*Acupuncture Points:* Shaoshang (LU 11), Fuli (KI 7), Zhaohai (KI 6), Lieque (LU 7).

## CASES

## Case 1 (22 p. 324): Aplastic Anemia

Female patient, 22, first treatment in June 1976. Three years ago, the patient began to experience vertigo and fatigue. Purple spots appeared all over her body. Epistaxis occurred frequently, sometimes as much as 200 ml a time. Menstruation could last as long as 10 days with profuse bleeding. The syndrome became aggravated in the last year. Blood transfusion and hormonotherapy were adopted during the hospitalization period. When the patient felt better she left the hospital but soon had a recurrence. As the syndrome recurred many times, the patient finally went to see a doctor of Chinese medicine.

Hemochrome: 5.5 grams;

RBC: 2.7 million;

WBC: 2,900;

Blood platelet: 24,000.

Treatment: Glue made of pigskin 30 grams, melted, and washed down with water was given twice a day, 28 days as one course of treatment. After three courses of such treatment most of the syndrome subsided.

Hemochrome: 11 grams;

RBC: 4.2 million;

WBC: 4,000;

Blood platelet: 51,000.

## CLAUSE 311

Lesser Yin syndrome, two or three days: Decoction of Radix Glycyrrhizae will be a remedy for sore throat. If it is not efficacious, Decoction of Radix Platycodi can be adopted.

Decoction of Radix Glycyrrhizae

(*Gancao Tang*):

Radix Glycyrrhizae

2 *liang*

Stew the herb in three *sheng* of water, till 1.5 *sheng* are left. Filter the decoction and take two doses a day of seven *ge* each dose.

*Explanation of the Prescription:* Radix Glycyrrhizae, sweet and plain, is used to eliminate the pathogenetic Heat which has invaded the Lesser Yin Channel and caused the sore throat.

Decoction of Radix Platycodi

(*Jiegeng Tang*):

Radix Platycodi

1 *liang*

Radix Glycyrrhizae

2 *liang*

Stew the above two herbs in three *sheng* of water till one *sheng* is left. Filter the decoction and take it in two doses.

*Explanation of the Prescription:* This decoction is aimed at dredging and draining the pathogenetic Heat to relieve the pain in the throat.

*Acupuncture Points:* Shaochong (HT 9), Shaoshang (LU 11), Zhaohai (KI 6), Chengjiang (RN 24).

## CASES

### Case 1 (25 p. 656): Chronic Pharyngitis

Mr. Xia, 32, had been suffering from chronic pharyngitis for a period of time and recently had a sore throat, with itching and coughing. Tetracycline had been taken but it got no better. The patient went to see a doctor of Chinese medicine. Diagnosis: Pulse was tight and slender, tongue was red, covered with thin coating. Decoction of Radix Platycodi with additions was prescribed:

Radix Platycodi	3 grams
Radix Glycyrrhizae	3 grams
Radix Rehmanniae	3 grams
Radix Scrophulariae	3 grams

Soak the above herbs in hot water and drink the decoction like tea. One dose each day. After three days of such treatment the ailment was gone.

### Case 2 (22 p. 322): Mushroom Poisoning

Mr. Su, 42, had eaten some poisonous mushrooms collected in the mountains. The mushrooms weighed approximately 250 grams. Five hours later the patient began to feel abdominal pain, vomiting and nausea, vertigo, cold sweats and general debility. Two hours after the seizure, the patient was brought to the doctor. One thousand and five hundred grams of Radix Glycyrrhizae was stewed immediately for a dense decoction. Ten minutes after taking the medicine vomiting occurred. The second dose of medicine was taken after an interval of 30 minutes. Within two hours the patient felt much better. Then another 100 ml decoction was given. The patient still felt a general debility and vertigo. A loose stool was observed, so another 100 ml decoction was taken. Six hours later the patient recovered. In the whole process of treatment no other therapy was adopted.

## CLAUSE 312

Lesser Yin syndrome: When the throat ulcerates, the patient is unable to speak and suffers aphonia (1). Decoction of Bitter Wine (2) will be a curative.

## NOTES

1. The case is caused by the congelation of sputum and Heat.
2. Bitter Wine: Another name for "Vinegar."

## Decoction of Bitter Wine

(*Kujū Tang*):

Rhizoma Pinelliae (as big as a kernel of	
Fructus Ziziphi Jujubae, washed)	14 pcs.
Chicken egg (no yolk, only the white)	1 pc.

Put the egg in the handle of a coin.\* Fill in the vinegar and Rhizoma Pinelliae. Scorch the egg on the fire for three boilings (for a while). Filter the decoction. Keep it in the mouth and swallow the decoction little by little. If the first dose is not efficacious, take three more doses.

\*An ancient coin in the shape of a knife with a ring-shaped handle. An egg is put in the handle so that it can be scorched. Up to the Song Dynasty, scissors were used instead of a coin, as scissors have ring-shaped handles.

*Explanation of the Prescription:* Vinegar is used as the main drug, aided by Rhizoma Pinelliae and egg albumen. Vinegar, bitter and sour, reduces the inflammation and astringes the ulcer. Rhizoma Pinelliae, pungent and slippery, eliminates the sputum and congelation. Egg albumen, sweet and cold, moistens the Dryness in the Lung and dredges the aperture\* (the throat). Thus, this decoction has the function of eliminating the sputum and dispersing the congelation, reducing inflammation, and dredging the aperture.

\*Aperture (or orifice, opening): There are nine apertures in the human body: eyes (two apertures), ears (two apertures), nose (two apertures), throat (mouth), urethra and anus.

*Acupuncture Points:* Shaoshang (LU 11), Shaochong (HT 9), Lieque (LU 7), Zhaohai (KI 6), Tongli (HT 5), Dazhong (KI 4).

## CASES

Case 1 (22. p. 323): Sore Throat

Mr. Yan was feeling pain in the throat accompanied by low voice andodynophagia. Pulse at both Inch positions was floating and deficient. The case was caused by the ascent of Fire of the Lesser Yin Channel. Only one dose of Decoction of Bitter Wine was required to cure the ailment.

Case 2 (22 p. 323): Aphonia. Case Recorded in *Hunan Medical Journal*, 2:31, 1975, Physician: Chen Yifan

Mr. Yu, 32, often suffered from aphonia. Decoction of Bitter Wine was a good cure.

**CLAUSE 313**

Lesser Yin syndrome with sore throat: Rhizoma Pinelliae Powder and Decoction of Rhizoma Pinelliae will serve as the curatives.

Rhizoma Pinelliae Powder and Decoction of Rhizoma Pinelliae  
(*Banxia San Ji Tang*):

Rhizoma Pinelliae  
Ramulus Cinnamomi ~  
Radix Glycyrrhizae Praeparata

Pound the above drugs separately in the same dose into a powder and mix them together. Put one *fangcunbi* (one gram) of the powder into Semen Oryzae Nonglutinosae soup and take three doses a day. If the patient cannot take the powder, then boil one *sheng* of water for a while, put two *fangcunbi* (two grams) of powder into it and stew it for a little while. When lukewarm, keep the filtered decoction in the mouth and swallow it little by little. Rhizoma Pinelliae is poisonous and should not be used in the form of powder.\*

\*This sentence is added by a later commentator.

*Explanation of the Prescription:* The sore throat of the Lesser Yin syndrome under this clause is caused by the congelation of pathogenetic Cold in the throat. So this decoction, pungent, sweet and warm, not only eliminates the pathogenetic Cold, but also disperse the stagnant Heat in the throat. Ramulus Cinnamomi disperses the Cold and Rhizoma Pinelliae disperses the sputum and smoothes the throat function. Radix Glycyrrhizae harmonizes the Interior condition.

**CASES**

Case 1 (25 p. 498): Sore Throat

Ms. Zheng, elderly lady, had been suffering from coughing for a long time. While she was busy with preparations for her son's wedding, she overworked and felt exhausted. She then began to feel chills, then a fever and headache. There was a severe pain in the throat with odynophagia. Pulse on both Inch positions was floating and moderate. There was no inflammation in the throat. Decoction of Rhizoma Pinelliae of the original prescription in *Shanghan Lun* was given. After taking two doses the ailment subsided.

**CLAUSE 314**

Decoction of *Baitong* is a curative for the Lesser Yin syndrome with diarrhea (1).

## NOTES

1. This clause discusses the syndrome caused by Deficiency of the Yang Vital Energy in the Spleen and Kidney and the prevalence of Yin Coldness. So the following symptoms and signs should also present: The patient tends to fall asleep, has chills, and is cold on the extremities with a feeble and slender pulse.

Decoction of *Baitong*  
(*Baitong Tang*):

Caulis Allii Fistulosi (white rhizome of Chinese onion)	4 pcs.
Rhizoma Zingiberis	1 <i>liang</i>
Radix Aconiti (cut into 8 pieces)	1 pc.

Stew the above drugs in three *sheng* of water till one *sheng* is left. Filter the decoction and take it in two doses when lukewarm.\*

\*There should also be "human urine" in this prescription. See explanation under Clause 315.

*Explanation of the Prescription:* This decoction is efficacious for the syndrome with evanescence of the deficient Yang Vital Energy in the Spleen and Kidney at the lower portion and a prevalence of pathogenetic Cold. Caulis Allii Fistulosi induces the Yang Vital Energy to move upward. Rhizoma Zingiberis and Radix Aconiti reduce the Yin and descend moderately. When the evanescent Yang Vital Energy is recovering, the pathogenetic Cold will be eliminated.

Wang Hu: When the Kidney Vital Energy is deficient, it loses its domination of the Water circulation. Then diarrhea occurs. Why is Decoction of *Baitong* used in such a case? It is because Decoction of *Baitong* can warm the Interior\* and disperse the Cold.

\*That is to say, to warm and tonify the Kidney Yang Vital Energy.

*Acupuncture Points:* Guanyuan (RN 4), Shenque (RN 8), Baihui (DU 20), Zusanli (ST 36).

## CASES

Case 1 (18 p. 373): Raynaud's Disease

Mr. Zhao, 30, began to feel icy cold in both feet in 1951. He could never leave the fire. Even when it was 22°C, he had to warm himself before a fire. Once he burnt his shoes without noticing. In summer he could not stand any cool wind. Drugs of warm and tonic quality had been given, but no improvement occurred. A doctor considered this might be a case of rheumatism. Again, treatment failed after taking some 300 doses of decoctions. The diagnosis of Raynaud's disease was eventually made and the patient was retained in the hospital. Block therapy was adopted but to no avail. In November 1956, the patient went to see a doctor of Chinese medicine. The doctor pre-

scribed heavy dosage of Decoction of *Baitong*. Up to January 30, 1957, the patient had taken 13 doses of Decoction of *Baitong* (in the prescription, *Radix Aconiti Praeparata* was 4 *liang* to 0.5 *jin*, i.e. 125-250 grams, a really big dosage!) On February 8, 1957, the patient wrote a letter to the hospital, saying that "I feel that 80 to 90 percent of my trouble has gone. While I was taking the decoction, I felt warm in both feet." From February 21 to August 14, the patient took another 14 doses of the above decoction, after which he felt all right. But on February 23, 1958, after a period of non-medication, the patient again felt cold on both feet, accompanied by seminal emission. Another 19 doses of the above decoction (with additions to treat the emission) were taken. The patient made a full recovery after taking 46 doses of Decoction of *Baitong* in the above three periods.

#### Case 2 (22 p. 202): Headache

A pupil of 12, male, had headaches every morning after getting up. Other symptoms were spontaneous perspiration, depression, fear of cold, pale tongue covered with thin coating, deep, slender and strengthless pulse. This was a headache caused by Yang Deficiency, which should be treated by adoption of Decoction of *Baitong* adding *Radix Glycyrrhizae Praeparata*:

<i>Radix Aconiti Praeparata</i>	6 grams
<i>Rhizoma Zingiberis</i>	4.5 grams
<i>Radix Glycyrrhizae Praeparata</i>	4.5 grams
<i>Caulis Allii Fistulosi</i>	2 pcs.

Two doses of the above decoction cured the ailment.

### CLAUSE 315

The Lesser Yin syndrome with diarrhea and a feeble pulse can be treated by the adoption of Decoction of *Baitong*. Decoction of *Baitong* adding Pig Bile suits the syndrome with symptoms and signs of continuous diarrhea, coldness on the extremities, nausea, and annoyance with an insensible pulse. If the pulse suddenly appears (1) after taking the decoction, it would indicate a fatal case. When the pulse resumes gradually, it is a curable case (2).

#### NOTES

1. Pulse suddenly appears: This is an abnormal sign, showing the total dispersion of the isolated Yang; thus it is a fatal case.

2. Cheng Yingmao: When the pulse is gradually resuming, it indicates a gradual restoration of the Yang Vital Energy, which can be accepted by Yin. When the pulse suddenly appears, it indicates that the Yang Vital Energy is swiftly dispersing and evanescent, as it is not Yin-rooted (or in other words, the rootless Yang is dispersing and evanescent).



Decoction of *Baitong* adding Pig Bile  
(*Baitong Jia Zhudanzhi Tang*):

Caulis Allii Fistulosi	4 pcs.
Rhizoma Zingiberis	1 <i>liang</i>
Radix Aconiti (cut into 8 pieces)	1 pc.
Human Urine*	5 <i>ge</i>
Pig Bile	1 <i>ge</i>

Stew the above three drugs in three *sheng* of water till one *sheng* is left. Filter the decoction and put Pig Bile and Human Urine into it. Take two doses when lukewarm. It is still practicable if there is no pig bile.

\*Human Urine: The urine of a healthy person, especially the urine of a child (boy) under ten years old.

*Explanation of the Prescription:* Decoction of *Baitong* dredges the Yang Vital Energy and Pig Bile leads the Yang Vital Energy in Yin ascending upward. Human Urine, salty and cold, leads the Yang Vital Energy going downward. Therefore, Yin and Yang will become harmonized and bring about recovery.

*Acupuncture Points:* Guanyuan (RN 4), Jueque (RN 14), Yingu (KI 10), Zusanli (ST 36).

## CASES

### Case 1 (18 p. 372):

Mr. Wang had been suffering from a high fever for about 10 days, with pain in the throat, parched red tongue, dry mouth but no thirst. Despite sweating, body fever was still high. Pulse was deep and slender with empty feeling at both Cubit positions. The patient was restless and irritated with flushed face. He also felt cold on extremities and had shrinkage of scrotum. This was obviously a Lesser Yin syndrome, which had been wrongly treated by adoption of cold-quality drugs. It was a difficult case to rescue. The only solution was to try Decoction of *Baitong* adding Pig Bile. The following decoction was prescribed in accordance with the principle of Decoction of *Baitong* adding Pig Bile:

Radix Aconiti Praeparata	2 <i>qian</i>
Herba Asari	3 <i>fen</i>
Radix Achyranthis Bidentatae	1 <i>qian</i>
Caulis Allii Fistulosi	3 pcs.
Cortex Cinnamomi	5 <i>fen</i>
Concha Ostreae	7 <i>qian</i>
Pig Bile (melt into the decoction)	1 pc.

### CLAUSE 316

The Lesser Yin syndrome lasted two or three days: On the fourth or fifth day, the following symptoms and signs are observed: abdominal pain, dysuria, diarrhea, heaviness, and pain in the extremities. These symptoms and signs would indicate stagnancy of Water. There may also be other symptoms like a cough, normal urination, diarrhea, or nausea and vomiting. Decoction of *Zhenwu* will be the curative (1).

#### NOTES

1. The syndrome under this clause is caused by a Deficiency of the Kidney Yang Vital Energy, which has lost control of Water circulation. Stagnant Water will bring diarrhea, abdominal pain, heaviness, and pain in the extremities.

*Remark:* Comparison of *Wuling* Powder (Clause 71), Decoction of Lesser *Qinglong* (Clause 40) and Decoction of *Zhenwu*:

*Wuling* Powder suits the syndrome of febrile disease caused by Wind with symptoms and signs of dysuria, thirst, fever, and perspiration. Decoction of Lesser *Qinglong* suits the syndrome of febrile disease caused by Cold with symptoms and signs of dysuria, nausea, fever, no thirst, and no perspiration. Decoction of *Zhenwu* suits the Lesser Yin syndrome with symptoms and signs of dysuria, nausea, or cough, etc. This is a case caused by Water Stagnancy with the Interior Cold syndrome of a Yin nature.

All the above three syndromes are caused by Water stagnancy. In the case of this clause, *Wuling* Powder is not used, as it is not a case of Water stagnancy with an Exterior pathogenetic Heat, nor is Decoction of Lesser *Qinglong* adopted, as it is not a case involving Water Stagnancy with Exterior pathogenetic Cold. Only Decoction of *Zhenwu* is applicable in this case, as it can warm the Cold and control the Water.

Decoction of *Zhenwu*  
(*Zhenwu Tang*):\*

Poria	3 <i>liang</i>
Radix Paeoniae	3 <i>liang</i>
Rhizoma Atractylodis Macrocephalae	2 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Radix Aconiti Praeparata (cut into 8 pieces)	1 pc.

\*This prescription also appears in Clause 82.

Stew the above five drugs in eight *sheng* of water till three *sheng* are left. Filter the decoction and take three doses a day of seven *ge* each dose.

Additions and subtractions of the prescription:

- 1) When a cough is observed: add 0.5 *sheng* of Fructus Schisandrae, one *liang* of Herba Asari and one *liang* of Rhizoma Zingiberis.
- 2) If there is normal urination, take away the Poria.

3) If there is diarrhea, take away the Radix Paeoniae, add two *liang* of Rhizoma Zingiberis.

4) If there is nausea and vomiting, take away the Radix Aconiti Praeparata, and increase Rhizoma Zingiberis Recens to 0.5 *jīn*.

*Explanation of the Prescription:* Radix Aconiti Praeparata, pungent and hot, tonifies the Kidney Yang Vital Energy to dominate Water circulation. Rhizoma Atractylodis Macrocephalae tonifies the Spleen to control Water and dry the Humidity. Rhizoma Zingiberis Recens aids Radix Aconiti Praeparata in tonifying the Yang Vital Energy, so it not only helps to dominate the Water circulation, but also disperses the Water stagnancy. Poria aids Rhizoma Atractylodis Macrocephalae in controlling the Water as well as draining the Water stagnancy. Radix Paeoniae stabilizes and protects the Yin Vital Essence. The syndrome under this clause is caused by both a Deficiency of the Kidney Yang and exhaustion of the Kidney Yin. When Radix Aconiti Praeparata and Radix Paeoniae are used simultaneously, they have the function of restoring the Yang and protecting the Yin. But the main function of this decoction is to control the Water by restoring the Yang Vital Energy.

Cheng Zhi: Both Decoction of *Baitong* and Decoction of *Zhenwu* are curatives for diarrhea of the Lesser Yin syndrome. Radix Aconiti in Decoction of *Baitong* is the raw Radix Aconiti. But it is Radix Aconiti Praeparata (the stewed drug) in Decoction of *Zhenwu*. Why? When Radix Aconiti (raw) is used, it has the function of warming the Channel and dispersing the Cold pathogenetic factors. When Radix Aconiti Praeparata is used, it has the function of warming the Interior and eliminating the Water stagnancy. Rhizoma Zingiberis aids Radix Aconiti in warming the Channel and Rhizoma Zingiberis Recens aids Radix Aconiti Praeparata in eliminating Water stagnancy.

*Acupuncture Points:* Qihai (RN 6), Zhongji (RN 3), Zhongwan (RN 12), Yinlingquan (SP 9).

## CLAUSE 317

Lesser Yin syndrome: Decoction of *Tongmai Sini* suits the following symptoms and signs: diarrhea containing undigested cereals, Cold at the Interior and Heat at the Exterior (1), coldness on the hands and feet, and a pulse too feeble to be sensed. But the patient does not feel chilled and has a flushed face (2). There may also be symptoms and signs of abdominal pain, nausea, or sore throat, or the pulse is not restored when diarrhea stops.

## NOTES

1. Cold at the Interior and Heat at the Exterior: Cold at the Interior may have symptoms and signs of watery stool, coldness on the extremities, and an extremely feeble pulse. Heat at the Exterior may have symptoms and signs of a flushed face and a sore throat without chill.

2. Flushed face: It is also called "Wearing Yang (Dai Yang)." This is a case

of false Heat at the Exterior and real Cold at the Interior. When Yin coldness prevails at the Interior, Yang has to stay at the Exterior as it is resisted by the extreme prevalence of Yin. This is called "resistance against the Yang syndrome (*Ge Yang Zheng*). " "Flushed face" is caused by the same etiopathology, when the Yang is resisted at the upper part of the body (i.e., the head).

#### Decoction of *Tongmai Sini*\*

(*Tongmai Sini Tang*):

Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Radix Aconiti (cut into 8 pieces)	1 pc.
Rhizoma Zingiberis	3 <i>liang</i> **

Stew the above three drugs in three *sheng* of water till one *sheng* and two *ge* are left. Filter the decoction and take it in two doses. When the pulse is restored, it indicates a curable case.

\**Tongmai Sini*: Literally, *Tongmai*: dredge (restore) the pulse; *Sini*: Coldness on the extremities.

\*\*4 *liang* for a patient of sturdy build.

Additions and subtractions of the prescription:

- 1) With flushed face: add nine pcs. of *Caulis Allii Fistulosi*.
- 2) With abdominal pain: subtract *Caulis Allii Fistulosi*, add two *liang* of *Radix Paeoniae*.
- 3) With nausea and vomiting: add two *liang* of *Rhizoma Zingiberis Recens*.
- 4) With sore throat: take away *Radix Paeoniae*, add one *liang* of *Radix Platycodi*.
- 5) When diarrhea stops and the pulse is still not sensible: take away *Radix Platycodi*, add two *liang* of *Radix Ginseng*.

Only when the prescription is in full conformity with the syndrome can it be adopted. Be cautious.

*Explanation of the Prescription*: The drugs in this prescription are all the same as in Decoction of *Sini*. But *Rhizoma Zingiberis* is doubled in dosage, and *Radix Aconiti* should also be a large dose. *Caulis Allii Fistulosi* is also added to dredge the Yang Vital Energy. So this prescription is one of the most important remedies in curing the acute syndrome of Deficiency and Coldness.

*Acupuncture Points*: Guanyuan (RN 4), Pishu (BL 20), Taixi (KI 3), Shenmen (HT 7).

#### CASES

Case 1 (22 p. 196): High Fever

Baby of one year old, male, first treatment on August 28, 1960. The patient had a high fever for seven days. Diagnosis: Dimness of vision, tendency to sleep, cold extremities, huge and rootless pulse. Temperature was 39.5°C. This was a case of re-

sistance against the Yang, which should be warmed by adoption of Decoction of *Tongmai Sini*:

Rhizoma Zingiberis	2.4 grams
Radix Aconiti Praeparata	1.5 grams
Radix Glycyrrhizae	1.5 grams

After taking the above decoction the baby had a sound sleep of four hours. When he woke up his extremities were no longer cold and he could open his eyes wide. Temperature was 37 °C.

Case 2 (22 p. 198): False Heat, Real Cold

Ms. Liu, 56, had been suffering from diarrhea for about a month with three to five stools daily. Stools were very thin and intermingled with undigested cereal. In the recent two or three days, she had nausea and could not take in any food. She also had cold extremities, one hour before she had a fever with irritation and wanted to take off her clothes. This was a case of excessive Yin and evanescent Yang, which should be cured by adoption of Decoction of *Tongmai Sini*:

Radix Glycyrrhizae Praeparata	6 grams
Rhizoma Zingiberis	6 grams
Radix Aconiti Praeparata	9 grams

Three hours after taking the decoction the patient resumed consciousness and temperature returned normal. She began to feel hungry.

Case 3 (22 p. 198): Diarrhea and Vomiting

Mr. Zhou, a young lad, had profuse vomiting and diarrhea following perspiration, with cold extremities and tendon contraction, and repeated nausea. Face was pale, pulse was extremely weak. The patient was in a serious condition. Decoction of *Tongmai Sini* was urgently prepared:

Radix Aconiti Praeparata	30 grams
Rhizoma Zingiberis	150 grams
Radix Glycyrrhizae Praeparata	18 grams

While the decoction was being stewed, the patient was fed with pig bile, which eased the nausea greatly. Then the decoction was served. In the evening the extremities began to warm up and perspiration stopped, but the patient was still in a critical condition. Further medication was given. The following prescription was served again:

Radix Aconiti Praeparata	60 grams
Rhizoma Zingiberis	45 grams
Radix Glycyrrhizae Praeparata	18 grams
Korean Ginseng	9 grams

The following morning, the patient's relative reported to the doctor that after taking the decoction, the patient was tossing and turning in bed and moaned repeatedly. He also wanted to drink water. After considering all these changes the doctor realized that the dosages of *Rhizoma Zingiberis* and *Radix Aconiti Praeparata* were too strong. In the second prescription, the original decoction was given with addition of 15 grams of *Poria*. After taking two doses the syndrome subsided greatly. Another two doses enabled the patient to get out of his bed. In the following treatment, decoctions to tonify both the Yin and Yang and replenish the Stomach were given. In a few days the patient recovered fully.

Case 4 (22 p. 199): Malaria. A Case Study by Deng Jiehao, *Fujian Chinese Medicine Magazine*, 3:45, 1963

Mr. Lu, 35, had suffered from malaria some time ago and suddenly had vomiting and diarrhea owing to improper intake of food. After repeated treatment he was no better. When the doctor was sent for at midnight, the patient was examined. His symptoms and signs included cold extremities, feint breath, profuse perspiration, pulse almost insensible, difficulty speaking, pale lips and tongue, repeated vomiting and diarrhea. This was a case of Yang Evanescence, which should be treated immediately. Moxibustion was practiced on acupoints: Zhongwan (RN 12), Shenque (RN 8), Tianshu (ST 25), Guanyuan (RN 4) and Zusanli (ST 36). After moxibustion therapy, diarrhea and vomiting subsided considerably and hands and feet began to warm up. Decoction of *Tongmai Sini* in high dosage was prescribed:

<i>Rhizoma Zingiberis</i>	45 grams
<i>Radix Aconiti Praeparata</i>	30 grams
<i>Radix Glycyrrhizae Praeparata</i>	18 grams

Second treatment: The following morning diarrhea stopped, but the patient still vomited occasionally. Pulse was still undetectable. Hands and feet were a bit warmer. Same decoction with different dosage was given:

<i>Rhizoma Zingiberis</i>	18 grams
<i>Radix Aconiti Praeparata</i>	15 grams
<i>Radix Glycyrrhizae Praeparata</i>	9 grams
<i>Rhizoma Zingiberis Recens</i>	15 grams

Third treatment: Vomiting finally stopped. Hands and feet were warm, but pulse did not return. The same decoction was given again, in different dosage:

Korean Ginseng	15 grams
<i>Radix Aconiti Praeparata</i>	12 grams
<i>Rhizoma Zingiberis</i>	18 grams
<i>Radix Glycyrrhizae Praeparata</i>	9 grams

After taking the above decoction pulse returned and appetite gradually improved. In a period of time with adoption of decoctions that replenished the Spleen, a full recovery was made.

## Case 5 (22 p. 199): Severe Fear of Cold

Mr. Liu, 28, had a terrible fear of cold with shakes and shivers. He kept close to the fire all the time. Tongue was covered with slippery and black coating with white edge. Pulse was deep and tense. Decoction of *Herba Ephedrae* (see Clause 35) was adopted, but it did not seem to work. This must be a case in Cold nature, which should be treated by adoption of warm drugs. Prescription was as follows:

Korean Ginseng	3 grams
Rhizoma <i>Atractylodis Macrocephalae</i>	6 grams
Radix <i>Aconiti Praeparata</i>	4.5 grams
Rhizoma <i>Zingiberis</i> (prepared)	3 grams
Caulis <i>Allii Fistulosi</i>	9 pcs.
Radix <i>Glycyrrhizae Praeparata</i>	3 grams
Rhizoma <i>Zingiberis Recens</i>	6 grams

One dose of the above decoction enabled the patient to have a thorough perspiration, which drove away the terrible cold.

Case 6 (22 p. 200): Aphonia. A Case Recorded in *Zhejiang TCM Magazine*, 11:423, 1979

Ms. Zhou, 42, first treatment on July 21, 1960. Four days ago the patient suddenly found herself unable to speak, accompanied by throat pain and fear of cold. She felt as if something was stuck in the throat and could only talk in a very faint voice. She also felt cold and feared wind, with spontaneous perspiration, but without cough. Pulse was deep, slender, and a bit slow. Tongue was pale; temperature was normal. There was no inflammation in the throat. Decoction of *Tongnai Sini* with additions was prescribed to disperse the pathogenetic Cold resting in the throat:

Radix <i>Aconiti Praeparata</i>	3 grams
Radix <i>Glycyrrhizae</i>	3 grams
Periostracum <i>Cicadae</i>	3 grams
Rhizoma <i>Zingiberis</i>	4 grams
Radix <i>Platycodi</i>	4.5 grams
Rhizoma <i>Pinelliae</i>	5 grams

After taking one dose of the decoction all the symptoms subsided greatly. Her voice returned a little. In the second prescription, six grams of *Radix Paeoniae Alba* were added to the above decoction. Two doses were given. No recurrence has been reported up to this day.

## CLAUSE 318

Lesser Yin syndrome: *Sini* Powder is a curative for the syndrome with the following symptoms and signs: Coldness on the extremities and with a cough, palpitation, dysuria, abdominal pain, or diarrhea with a descending feeling at the anus.

*Sini Powder**(Sini San)*:

Radix Glycyrrhizae Praeparata  
 Fructus Aurantii Immaturus  
 Radix Bupleuri  
 Radix Paeoniae

Pound ten *fen* each of the above drugs into powder. Take one *fangcunbi* (one gram) of mixed powder with Semen Oryzae Nonglutinosae soup, three doses a day.

Additions and subtractions of the prescription:

- 1) With a cough: add five *fen* of Fructus Schisandrae and five *fen* of Rhizoma Zingiberis. Do the same when there is diarrhea.
- 2) With palpitation: add five *fen* of Ramulus Cinnamomi.
- 3) With dysuria: add five *fen* of Poria.
- 4) With abdominal pain: add one piece of Radix Aconiti Praeparata.
- 5) Diarrhea with a descending feeling at the anus: Stew three *sheng* of Bulbus Allii Macrostermi in five *sheng* of water till three *sheng* are left. Filter the decoction and put three *fangcunbi* (three grams) of *Sini Powder* in the decoction and stew it till 1.5 *sheng* are left. Take the decoction in two doses.

*Explanation of the Prescription:* This is a prescription applicable to the syndrome with coldness on the extremities when the Yang Vital Energy is confined at the Interior and cannot reach the extremities. Radix Bupleuri dredges the Yang Vital Energy and lets out the pathogenetic factors. Radix Paeoniae, Fructus Aurantii Immaturus, and Radix Glycyrrhizae remove the stagnancy of the Yang Vital Energy in the Liver and harmonize the Stomach function.

*Acupuncture Points:* Daling (PC 7), Waiguan (SJ 5), Qihai (RN 6), Sanyinjiao (SP 6).

**CASES**

Case 1 (18 p. 389):

A patient had cold extremities and blue face. Pulse on all the positions was deep and slender when it was pressed lightly. When it was pressed heavily it became speedy, huge and mighty. This was a case of real Yang but with symptoms resembling a Yin case. Nails were all red. When the Fire becomes extreme it might look like Water (an extremely Heat syndrome may bear symptoms of Cold syndrome). *Sini Powder* was given first, which could be followed by drugs of cold quality:

Radix Bupleuri	3 <i>qian</i>
Radix Paeoniae Rubra	1.5 <i>qian</i>
Fructus Aurantii Immaturus	1 <i>qian</i>
Radix Glycyrrhizae	1 <i>qian</i>



## Case 2 (18 p. 390):

Mr. Jin, 33, had cold hands and feet. Sweat appeared on them which could become more profuse when cold was more severe. Hands and feet were also numb and painful. Drugs of warm and hot quality were adopted to warm the extremities, but did not work at all. The patient did not look like a weak person. His pulse was deep, tight and mighty. His tongue was red, covered with thin yellow coating. Coldness was not caused by the Yang Deficiency, but by the stagnation of Yang. Deep and tight pulse indicated that the Vital Energy of the Liver and the Gall Bladder were stagnant, making it impossible for the Interior Vital Energy to circulate to the extremities. When Yin and Yang were not harmonized, coldness of extremities was caused. Therefore, the treatment should be the smoothing of the Vital Energy of the Liver and the harmonization of the Interior Vital Energy. *Sini* Powder was the cure:

Radix Bupleuri	9 grams
Fructus Aurantii Immaturus	9 grams
Radix Paeoniae Alba	9 grams
Radix Glycyrrhizae Praeparata	6 grams

After taking two doses of the above decoction, the patient felt a descending gas going down to the lower abdomen, and felt very comfortable. Hands and feet began to warm up, but there was still sweat. Since it worked, another dose was served. However, the decoction not only failed to stop the sweat, but hands and feet became cold again. A decoction to harmonize the Nutrient Essence and the Body Resistance was given to astringe the Yin. *Sini* Powder adding the following drugs was prescribed:

Ramulus Cinnamomi	6 grams
Radix Paeoniae Alba	increase to 15 grams
Concha Ostreae	30 grams

After taking two doses of the above decoction, sweat was reduced and coldness retreated. The patient was pleased to have such a great improvement, but this only lasted four days, when hands and feet became colder and sweat welled up. After repeated consultation, the doctor realized that diagnosis was correct, but there was a problem concerning the treatment: Perspiration was a sign showing that the Yin could not control the Yang. The correct treatment was to stabilize and reinforce the Yin so that it would be able to control the evanescent Yang. The correct therapy was to tonify the Yin, harmonize the Yin and Yang and astringe the perspiration. The following decoction was prescribed:

Radix Rehmanniae Praeparata
Fructus Corni
Rhizoma Dioscoreae
Poria
Rhizoma Alismatis
Cortex Moutan Radicis

Radix Paeoniae Alba  
Concha Ostreae  
Os Draconis

After taking eight doses of the above decoction there was a full recovery.

Case 3 (18 p. 391): Impotence

Male patient, 32, was a strong person and had never suffered any serious disease. While his wife was visiting him after being separated for a period of time, impotence occurred. Since then the patient felt depressed and was never successful again. Diagnosis: Pulse was tight and mighty, tongue was red and purple. Shortness of breath and full feeling in the chest were also reported. This was not a case of Yang Deficiency but of Yang stagnation. When Yang Vital Energy could not circulate normally, sexual life (of man, considered Yang) was hampered. *Sini* Powder was given:

Radix Bupleuri	12 grams
Fructus Aurantii Immaturus	9 grams
Radix Paeoniae Alba	9 grams
Radix Glycyrrhizae Praeparata	6 grams
Radix Rehmanniae	9 grams
Radix Rehmanniae Praeparata	9 grams
Radix Asparagi	9 grams
Radix Ophiopogonis	9 grams
Cortex Moutan Radicis	9 grams
Poria	9 grams

Three doses of the above decoction worked effectively.

Case 4 (18 p. 392): Dysentery

Mr. Gao had had abdominal pain and diarrhea for a few days. Other symptoms and signs were: general debility, no appetite, cold extremities, tight pulse, pale tongue covered with thin and white coating. *Shigella* dysentery was not found in the culture of stool. *Sini* Powder adding *Bulbus Allii Macrostemis* was prescribed:

Radix Bupleuri	9 grams
Radix Paeoniae Alba	9 grams
Fructus Aurantii Immaturus	9 grams
Radix Glycyrrhizae	6 grams
Bulbus Allii Macrostemis	12 grams

Four doses worked off the ailment.

Case 5 (18 p. 393): Intercostal Neuralgia

Ms. Wu began to feel intercostal neuralgia. The pain was sometimes severe and sometimes not so severe, and was migratory. The pain also referred to the back and waist. There was also epigastric uneasiness and cold extremities. X-ray fluoroscopy did

not show any pathological change. The case was caused by the stagnation of Liver Vital Energy, which should be regulated. The curative was the adoption of *Sini* Powder with additions:

Radix Bupleuri	9 grams
Radix Paeoniae Alba	9 grams
Fructus Aurantii Immaturus	9 grams
Radix Glycyrrhizae	3 grams
Radix Curcumae	9 grams
Pericarpium Citri Reticulatae Viride	4.5 grams

Three doses of the above decoction dispersed the pain.

Case 6 (18 p. 394): Chronic appendicitis

Ms. Cheng was suffering from chronic appendicitis with repeated attacks in recent days. Pulse was tight, slender and hesitant. Tongue was covered with thin and white coating. *Sini* Powder adding *Caulis Sargentodoxae* and *Radix Aucklandiae* was the right curative. Three doses worked.

## CLAUSE 319

The Lesser Yin syndrome: Diarrhea lasted for six to seven days and then come the symptoms and signs of cough, nausea and vomiting, thirst, and a feeling of annoyance that makes the patient unable to fall asleep. Decoction of *Polyporus Umbellatus* (1) can be adopted as the curative.

## NOTES

1. Decoction of *Polyporus Umbellatus*, see Clause 223. As the syndrome under this clause is caused by the congelation of Water and Heat, therefore Decoction of *Polyporus Umbellatus* is used to tonify the Yin, moisten Dryness, eliminate the Heat, and drain Water stagnancy.

Wang Hu: The symptoms and signs of diarrhea with cough, nausea and vomiting, thirst, and a feeling of annoyance that makes the patient unable to fall asleep may also appear in the Lesser Yang or Greater Yang syndromes. How can the diagnosis be concluded correctly? When the Lesser Yang or Greater Yang syndromes bear such symptoms and signs, it will be a case of an excessive nature; the corresponding pulse is a tight-grand-long one. The pulse in this case must be feeble-slender. Thus it can be diagnosed that the syndrome under this clause is a Lesser Yin syndrome.

TABLE 44. COMPARISON OF DECOCTION OF POLYPORUS UMBELLATUS AND DECOCTION OF RHIZOMA COPTIDIS AND COLLA CORII ASINI

	Decoction of Polyporus Umbellatus	Decoction of Rhizoma Coptidis and Colla Corii Asini
Symptoms and signs	A feeling of annoyance that makes the patient unable to fall asleep.	The same.
Etiopathology	Wind and Heat of the Lesser Yin syndrome transmit into the Greater Yang and cause diarrhea.	Exhaustion of the Kidney Vital Energy.
Remedy	Dredge and lead the Water to drain from the Urinary Bladder so as to rescue the Body Fluid in the Stomach.	Moisten and tonify the Yin and eliminate Heat, rescue the Yin Vital Essence of the Kidney.

(According to Shen Mingzong's *Golden Mirror*, note on p. 241.)

### CLAUSE 320

Lesser Yin syndrome, the second or the third day: A drastic should be urgently adopted if the patient's mouth and throat feel parched. Decoction of Greater *Chengqi* is the curative (1).

#### NOTES

1. A drastic should be adopted urgently when the Heat of the Lesser Yin syndrome has hurt the Body Fluid and forms a congelation. Before Decoction of Greater *Chengqi* is adopted, there should also be observation of the symptoms and signs of Stomach Excess and Interior excessive Heat.

Wu Qian: A parched mouth and throat is an indication of excessive Fire (Heat) in the Stomach and Deficiency of the Kidney Vital Energy. Decoction of Greater *Chengqi* should be used urgently to eliminate Stomach Fire, so that the Kidney Water can be rescued. If it is not adopted in time, the Kidney Water will be exhausted and the Yin Essence will evanesce. Then the adoption of a drastic is no longer efficacious.

### CLAUSE 321

Lesser Yin syndrome: When watery stool of a bluish color, pain under the Heart (at the epigastrium) and a parched mouth are diagnosed, a drastic, Decoction of Greater *Chengqi*, can be adopted (1).

## NOTES

1. When the Lesser Yin syndrome turns to be a Heat syndrome with watery stool caused by Heat congelation, a drastic can be adopted. But there must be the observation of symptoms of the Greater Yang excessive syndrome before a drastic can be adopted.

Shen Mingzong: After the syndrome transmitted into the Greater Yang Channel, a drastic or purgative can be adopted only when there is constipation. In such a case, Body Fluid in the Stomach is not yet hurt. Watery stool in this clause is caused by the excessive pathogenetic Heat, which is forcing Body Fluid in the Stomach to drain with the stool. This is a case that requires urgent rescue. Thus, a drastic is adopted to rescue the evanescent Yin Vital Essence in the Stomach and Kidney.

## CLAUSE 322

Lesser Yin syndrome, six to seven days: A drastic should be adopted urgently when there is no stool and there is abdominal distention. Decoction of Greater *Chengqi* is the curative (1).

## NOTES

1. Wu Qian: No stool with abdominal distention on the sixth or the seventh day of the Lesser Yin syndrome is an indication of indigestion in the Stomach, as the patient's Yang Vital Energy is always in an excessive state. After the syndrome has transmitted into the Lesser Yin Channel, it transmits again to the Greater Yang Channel of Excess. Thus, Decoction of Greater *Chengqi* should be adopted urgently to eliminate the Stomach Excess.

*Acupuncture Points:* Tianshu (ST 25), Shangjuxu (ST 37), Zhaohai (KI 6), Lieque (LU 7), Yongquan (KI 1), Dachangshu (BL 25), Zhongwan (RN 12), Weishu (BL 21).

## CLAUSE 323

Lesser Yin syndrome with a deep pulse (1): A decoction of a warm quality should be adopted urgently. Decoction of *Sini* is the curative.

## NOTES

1. Wu Renju: Differentiation should be made as to whether the pulse is deficient-deep or excessive-deep and how long the disease has lasted. If it is an excessive-deep pulse appearing with a syndrome that has lasted a long period of time, then it is not a case that requires warm-quality drugs.

*Acupuncture Points:* Guanyuan (RN 4), Qihai (RN 6), Mingmen (DU 4), Dazhui (DU 14).

**CLAUSE 324**

Lesser Yin syndrome: The patient vomits up the food he has just taken. He always suffers from nausea caused by uneasiness in the chest (Stomach), but cannot vomit up anything. At the initial stage of the syndrome, when there is coldness on the hands and feet with a tight and slow pulse, it indicates stagnancy of a pathological condition of an excessive nature in the chest (1). In such a case, a purgative is prohibited. An emetic should be adopted. When the Cold Water-fluid Stagnancy above the diaphragm is causing nausea but not vomiting (2), an emetic should not be given. It should be warmed. Decoction of *Sini* can be adopted as a warming agent.

**NOTES**

1. Wu Qian: A tight pulse indicates stagnancy of the Water-fluid. A slow pulse indicates a syndrome of a Cold nature. The stagnancy of a pathological condition of an excessive nature is sputum of an excessive and Cold nature. Coldness on the hands and feet is caused by the stagnancy as it is obstructing the normal circulation of the Yang Vital Energy in the chest to the extremities.

2. It is stagnancy of a deficient and Cold nature of the Lesser Yin Channel. It is not stagnancy of an excessive and Cold nature. Therefore, an emetic is not applicable to the case.

*Acupuncture Points:* Shanzhong (RN 17), Hegu (LI 4), Taichong (LR 3), Shangwan (RN 13), Youmen (KI 21). Moxibustion on Guanyuan (RN 4).

**CLAUSE 325**

Lesser Yin syndrome: A remedy of warm quality (1) and moxibustion therapy (2) should be adopted when the following symptoms and signs are observed: diarrhea, a feeble and hesitant pulse (3), nausea and vomiting, perspiration (4), and frequent stool with little quantity each time (5).

**NOTES**

1. A remedy (decoction or drug) of warm quality should be used to warm and tonify the Stomach.

2. Moxibustion therapy: Acupoints Baihui (DU 20), or Zusanli (ST 36) and one of the acupoints (random selection) between Zhongwan (RN 12) and Shuifen (RN 9).

3. Diarrhea and a feeble and hesitant pulse: an indication of a Deficiency of the Yang Vital Energy in the Spleen and Kidney and an insufficiency of Blood.

4. Nausea and vomiting, perspiration: When Interior Cold is ascending, the Yang will be forced to evanesce, causing nausea, vomiting and perspiration.

5. Frequent stool with little quantity each time: It is caused by the descending Yang Vital Energy, which is in a deficient state.

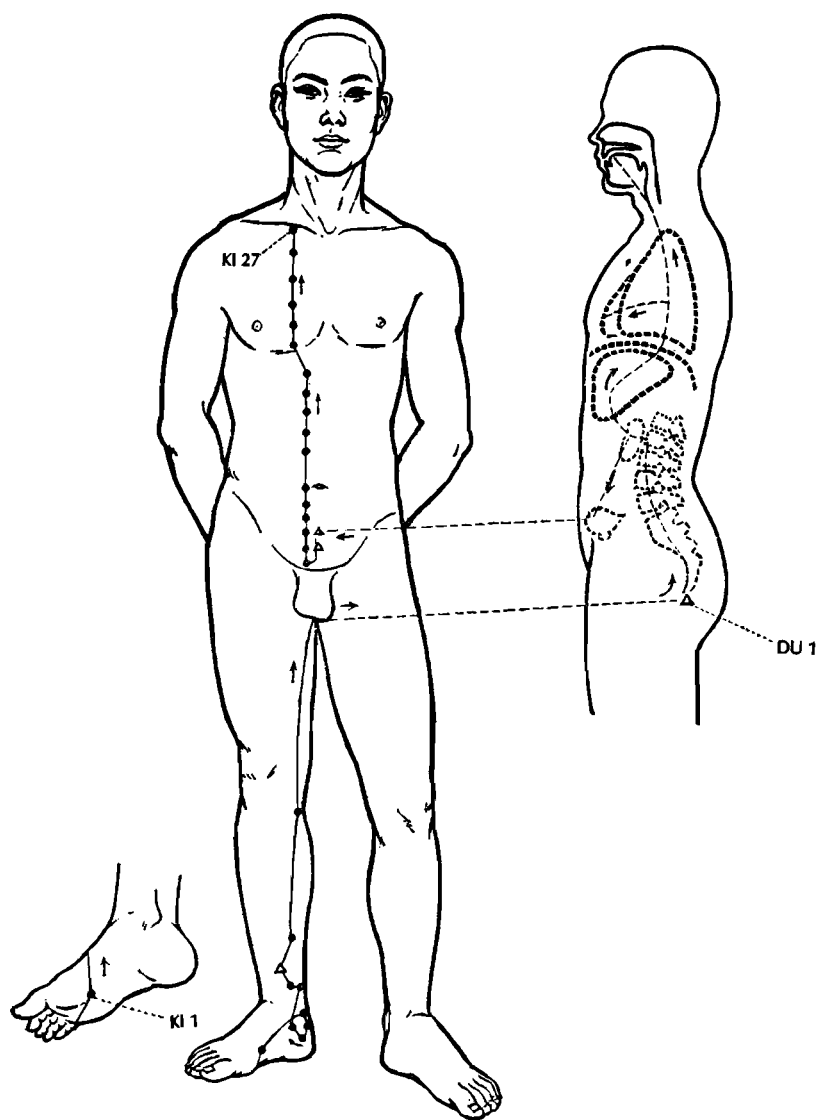


Fig. 5 The Kidney Channel of Foot-Shaoyin (Lesser Yin)

## CHAPTER VI

### DIFFERENTIATION OF THE PULSE, SYMPTOM COMPLEX, AND TREATMENT OF THE *JUEYIN* (GREATER YIN) SYNDROME

#### CLAUSE 326

The Greater Yin syndrome (1) will bear the following symptoms and signs: great thirst with frequent urination (2), an uncomfortable feeling of ascending air rushing up from below the epigastrium, a hot and painful feeling in the chest (Stomach), and hunger without being able to take in food. Once food is taken, ascarides will be vomited up (3). If a purgative is given, there will be continuous diarrhea (4).

#### NOTES

1. The Greater Yin syndrome is a phase of febrile disease caused by climatic factors when Cold and Heat are intermingling at the Interior. It can be divided into two categories, i.e., "upper Heat and lower Cold" and "coldness on the extremities and repeated fever." There are also other Greater Yin syndromes such as "coldness on the extremities caused by Heat," "coldness on the extremities caused by Cold," diarrhea, nausea and vomiting, etc. Sometimes there is a symptom complex of several syndromes appearing at the same time. Thus, the Greater Yin syndrome always has complicated symptoms and signs of intermingled Heat and Cold, Yin and Yang. This clause is not, as some commentators had pointed out, an outline of Greater Yin symptoms, but rather the symptoms of "upper Heat and lower Cold" of the Greater Yin syndrome.

2. Great thirst with frequent urination (*Xiaoke*): This symptom is one of a great thirst and the passing of water in big quantities followed again by thirst.

3. For details, see Clause 338.

4. Some commentators have suggested the adoption of Fructus Mume Pills (see Clause 338) in the case.

*Acupuncture Points:* Neiguan (PC 6), Taichong (LR 3), Zusanli (ST 36), Jueque (RN 14).

#### CLAUSE 327

Febrile disease caused by Cold of the Greater Yin syndrome: When the pulse is feeble-floating (1), it indicates that the patient is going to recover. If the pulse is not floating, there will not be a recovery.



## NOTES

1. A floating pulse is of a Yang nature. When a pulse of a Yang nature is observed in a Yin syndrome, it will be an indication of recovery.

Cheng Wuji: A floating pulse is an aura showing that the syndrome is returning to the Exterior and that there will be a perspiration. Thus, there is sure to be a recovery. If the pulse is not floating, then it indicates a deep invasion of the syndrome. Different complications may occur. Thus there will not be a recovery.

## CLAUSE 328

The Greater Yin syndrome is likely to heal between approximately 1:00-7:00 a.m. (1).

## NOTES

1. 1:00-7:00 a.m. (*chou* to *mao*). See note of Clause 9.

## CLAUSE 329

Greater Yin syndrome: When the patient is thirsty, serve him water little by little. Then he will soon recover (1).

## NOTES

1. Thirst is an indication of evanescence of the pathological condition, recovery of the Yang Vital Energy, and a lack of Body Fluid in the Stomach. When water is given, the thirst will be quenched and then the patient will feel better. "Serve him water little by little" would mean giving him a little water each time he feels thirsty. If too much water is given at one time, a syndrome of Water-fluid stagnancy may occur.

## CLAUSE 330

A purgative is prohibited for a syndrome with coldness on the extremities or a syndrome of a deficient type (1).

## NOTES

1. Wu Qian: Coldness on the extremities indicates a separation of Essence Yin and the Vital Energy Yang. A purgative should not be adopted. When coldness on the extremities appears in a syndrome of a deficient type, a purgative is all the more prohibited.

## CLAUSE 331

Febrile disease caused by Cold: When fever occurs after a preva-

tence of coldness on the extremities, diarrhea will come to a stop. When coldness occurs again, diarrhea resumes (1).

#### NOTES

1. Coldness on the extremities is an indication of a prevalence of Yin. Fever indicates the recovery of the Yang when Yin prevails, diarrhea will occur.

Wu Qian: Coldness on the extremities indicates a prevalence of Yin. Fever indicates the recovery of Yang. When fever appears after the prevalence of coldness on the extremities, it represents the recovery of Yang and retreat of Yin, so the diarrhea stops. When coldness on the extremities happens again, it represents the increase of Yin and retreat of Yang, so the diarrhea resumes. A syndrome with more fever and less coldness will recover, no matter how serious the case may be. A syndrome with more coldness and less fever will deteriorate, no matter what. Fever and coldness on the extremities are the key points for diagnosis of the Greater Yin syndrome.

#### CLAUSE 332

Febrile disease caused by Cold: At first the fever lasted for six days. Then came nine days of coldness on the extremities and diarrhea. Anorexia will occur when coldness on the extremities and diarrhea are observed. Good intake of food must be an indication of the "evanescence of the Stomach Vital Energy" (1). After taking some noodles (2), if there is not a fever (3), it can be diagnosed that the Stomach Vital Energy still exists. Therefore, recovery can be expected. It would be an adverse case if the fever appears suddenly and then disappears as suddenly as it comes (4). When diagnosis is made three days later, if there is still fever, it can be predicted that recovery will come the next night.

The reason for this is that the fever lasted at first for six days, followed by nine days of coldness on the extremities, after which came another three days of fever. Thus, there were altogether nine days of fever, which were equivalent to the nine days of coldness on the extremities. Therefore, it can be predicted that there will be a recovery the next night. When diagnosis is made three days later, if there is still fever with a speedy pulse, it will be an indication of excessive Heat, which will lead to a syndrome with ulcer and pus.

#### NOTES

1. "Evanescence of the Stomach Vital Energy" (*Chuzhong*): Literally, *Chuzhong* has the following meaning—*chu* means evanescence, elimination; *zhong* means Interior Vital Energy. In this clause, Interior Vital Energy means Stomach Vital Energy.

Wu Renju: When the Interior Vital Energy is evanescent, taking food is a physiological reflection of self-rescue.

2. Noodles: The original text reads *Suobing*. There are several explanations: a) Noodles (according to *Translation of Treatise*, p. 193); b) Food that the patient is accustomed to; c) Food with no meat. (According to *Golden Mirror*, p. 268).

3. Wu Qian's remark: "If there is *not* a fever" should be "if there is a fever." This is because, if there is not a fever after eating noodles, it is a case of "evanescence of the Stomach Vital Energy."

4. This would be an indication of evanescence of the Yang Vital Energy of a deficient nature and the complete exhaustion of the Stomach Vital Energy. Thus, it is an adverse case.

### CLAUSE 333

Febrile disease caused by Cold, with a slow pulse: On the sixth or the seventh day, if Decoction of Radix Scutellariae (1) is adopted to eliminate Heat, the following symptoms and signs (2) will occur: When there is coldness in the abdomen, there should also be anorexia; but on the contrary, the patient has a good appetite. This is a case of "Evanescence of the Stomach Vital Energy," an indication of a fatal case, as a slow pulse signifies a syndrome of a Cold nature which cannot stand a cold-quality decoction like Decoction of Radix Scutellariae (3).

### NOTES

1. Decoction of Radix Scutellariae, see Clause 172.

2. Wu Qian's remark: The phrase "coldness on the extremities and diarrhea" should have been inserted as the symptoms of the case.

3. Cheng Zhi: A slow pulse indicates a syndrome of a Cold nature. If a decoction of a cold quality is adopted in such a case, "Evanescence of Stomach Vital Energy" will occur. When the Interior Vital Energy is badly hurt by cold drugs, the rootless Yang Vital Energy is evanescing and seeks a rescue by taking food. This is a fatal case.

*Acupuncture Points:* Zhongwan (RN 12), Zusanli (ST 36), Baihui (DU 20).

### CLAUSE 334

Febrile disease caused by Cold: When fever occurs after the prevalence of coldness on the extremities, diarrhea will come to a stop. If there is perspiration, throat pain and inflammation will occur. When there is fever without perspiration, diarrhea will come to a stop. In case diarrhea continues, defecation with bloody pus will occur. When there is bloody pus in the stool, there will be no throat inflammation (1).

## NOTES

1. This clause discusses the syndrome with first symptoms of coldness on the extremities and then fever. When the Yang Vital Energy has an excessive restoration, excessive pathogenetic Heat may either move outward, causing perspiration and throat inflammation, or move downward, causing diarrhea with bloody pus.

*Acupuncture Points:* Dadun (LR 1), Qiaoyin (GB 44), Tiantu (RN 22), Lianquan (RN 23), Qimen (LR 14), Shangjuxu (ST 37), Chengjiang (RN 24), Zhaohai (KI 6).

## CLAUSE 335

Febrile disease caused by Cold, on the first or second day to the fourth or fifth day: If coldness on the extremities is observed, there must have first been a fever. If there is a fever, then there must be coldness on the extremities. Extreme coldness on the extremities will lead to an extreme fever (high fever). When coldness on the extremities is slight, the fever will also be slight. The therapy for coldness on the extremities is the adoption of a purgative (1). If diaphoresis is adopted, it will arouse oral inflammation (2).

## NOTES

1. This is a case of coldness on the extremities caused by pathogenetic Heat. When Heat congeals at the Interior and cannot find a way out to the Exterior, coldness on the extremities will occur. Therapy for coldness on the extremities caused by Heat: When the fever is not high, *Sini* Powder (see Clause 318) and its like can be used to disperse the syndrome and dredge the Yang Vital Energy. The syndrome with high fever but no constipation can be treated with a decoction for Heat-elimination. A purgative can be adopted in the case only when there is high fever as well as constipation.

2. If diaphoresis is adopted, the Heat syndrome will be aggravated and the Body Fluid exhausted. Thus, oral inflammation will result.

Wang Hu: This case is of an excessive Yang nature but has symptoms similar to Yin. When doctor sees the symptom of coldness on the extremities, a prescription is made to warm the syndrome. This is why oral inflammation is caused.

Cheng Wuji: The classic says that a purgative is prohibited in cases with coldness on the extremities. But in this clause it says a purgative can be adopted. When making the diagnosis, care is required. Scholars have said that coldness on the extremities caused by Heat is different from that caused by Cold. Although the extremities are cold, yet they may be warm time and again. The hands and feet may also be cold, but the palms are warm. Be cautious to examine all these symptoms, so that correct diagnosis can be made accordingly. Dai Yuanli said that differentiation can be made according to the temperature and color of the nails. He was really very cautious in making the diagnosis.

*Acupuncture Points:* Guanchong (SJ 1), Qiaoyin (GB 44), Zhigou (SJ 6), Yanglingquan (GB 34).

**CLAUSE 336**

Febrile disease caused by Cold: After a prevalence of coldness on the extremities for five days, there is then fever for five days. On the following day, the coldness on the extremities should resume. An absence of a resumption of coldness on the extremities will foretell selfhealing. As the fever lasted five days, the coldness cannot exceed five days (1).

**NOTES**

1. When Yin prevails, there will be coldness on the extremities; while Yang prevails, there will be fever. By comparing the periods of coldness and fever, one can foresee the trend of the disease. When coldness and fever last the same amount of time, it indicates that Yin and Yang can still harmonize with each other. Thus, the disease is curable.

**CLAUSE 337**

When the Essence Yin and Vital Energy Yang cannot connect with each other (1), *Jue* (2) will occur. The symptom of *Jue* is a feeling of cold on the hands and feet.

**NOTES**

1. The connection of Essence Yin and Vital Energy Yang: harmonization of the Vital Energy Yang and Essence Yin. Harmonization of Yin and Yang will keep one in good health. An excessive state of either Yin or Yang will cause disease. If the imbalance between Yin and Yang is a serious one or in other words, Yin and Yang are not connected with each other, coldness on the extremities will occur. A prevalence of Yin over an evanescent Yang will cause coldness on the extremities of a Cold nature. A prevalence of Yang over an evanescent Yin will cause coldness on the extremities of a Heat nature.

2. *Jue*: The equivalent of this term in English is "coldness on the extremities." It is used frequently in this book. This clause serves as a definition of the term *Jue* as used in this book, for *Jue* is a term with different conceptions in Chinese medicine.

**CLAUSE 338**

Febrile disease caused by Cold with coldness on the extremities and a feeble pulse: On the seventh or the eighth day, the patient suffers continuous restlessness and irritation and feels cold on his skin. It is a case of coldness on the extremities of the Viscera (1); it is not coldness on the extremities of ascariasis. If coldness on the extremities is caused by ascarides, the patient should vomit ascarides. When the patient is

quiet and feels restless occasionally, it is coldness of the Viscera (2). When ascarides come above the diaphragm, restlessness is caused and then stops after a time. The patient will be nauseous and will vomit after he eats. Then he is restless again. When ascarides sense the smell of food and crawl upward, the patient will probably vomit ascarides. Fructus Mume Pills will be a curative for the coldness on the extremities of ascariasis as well as for chronic diarrhea.

#### NOTES

1. Coldness on the extremities of the Viscera: Coldness on the extremities is caused by a disease of the interior organs. It is an extreme Yin syndrome. Therefore, it is a case that may result fatally.

2. Coldness of the Viscera: Weakness and evanescence of the Stomach and Intestine function.

Wu Qian's remark: "It is coldness of the Viscera" should read "it is not coldness of the Viscera." Otherwise it is not logical in comparison to the latter part of the text.

#### Fructus Mume Pill

(*Wumei Wan*):

Fructus Mume	300 pcs.
Herba Asari	6 <i>liang</i>
Rhizoma Zingiberis	10 <i>liang</i>
Rhizoma Coptidis	16 <i>liang</i>
Radix Angelicae Sinensis	4 <i>liang</i>
Radix Aconiti Praeparata	6 <i>liang</i>
Pericarpium Zanthoxyli	4 <i>liang</i>
Ramulus Cinnamomi	6 <i>liang</i>
Radix Ginseng	6 <i>liang</i>
Cortex Phellodendri	6 <i>liang</i>

Pound the above drugs separately into powder and mix them up. Soak Fructus Mume in vinegar overnight. Remove the kernels of Fructus Mume and steam them under five *dou* (500-600) grams of rice. When the rice is well-cooked, pound it with Fructus Mume into cream. Mix the cream and powdered drugs and pound 2,000 times with Honey (Mel). Make the pills as big as parasol seeds. Take ten pills each dose before a meal, three doses a day. Dosage can be increased to 20 pills. Diet taboos: Cold dishes, food that is difficult to digest, and food with strong flavor.

*Explanation of the Prescription:* Rhizoma Coptidis and Cortex Phellodendri eliminate Heat at the upper portion. Rhizoma Zingiberis, Radix Aconiti Praeparata, Herba Asari, and Pericarpium Zanthoxyli warm the coldness at the lower portion. Fructus Mume, sour taste, aids the Liver function and eases the Stomach (i.e., eases the ascarides). Radix Angelicae Sinensis tonifies the Liver Blood. Ramulus Cinnamomi har-

monizes the Vital Energy of the Liver. Radix Ginseng is used to regulate the Interior Vital Energy. As warm and cold drugs are used simultaneously, this prescription is suitable for the case of "upper Heat and lower Cold."

*Acupuncture Points:* Gongsun (SP 4), Neiguan (PC 6), Zhongwan (RN 12), Qimen (LR 14).

## CASES

### Case 1 (26 p. 335): Biliary Ascariasis

Pill of Fructus Mume or Decoction of Fructus Mume has a very good effect on biliary ascariasis. The following cases were reported:

1) Wuhan Medical College: 75 cases of biliary ascariasis. Total cure rate was 83.9 percent. Within two days the acute pain disappeared; within six days all pains disappeared.

2) Hospital of Fu'an Prefecture: 22 cases of biliary ascariasis. Total cure rate was 95 percent and more.

3) Doctor Huang Yinfu reported 880 cases of biliary ascariasis. Among them, 20 cases were treated with Fructus Mume Pills. Cure rate was 95 percent.

4) Nanjing Medical College: 8 cases of biliary ascariasis were treated with Decoction of Fructus Mume. Cure rate was 100 percent.

*Sources:* 1), 3), and 4): *Journal of Treatment for Acute Abdomen by Combination of Chinese and Western Medicine*: 2:30, 1976; 2:30, 1976; 4:18, 1974. 2): *Fujian Chinese Medicine*: 9:12, 1959.

### Case 2 (12 p. 206): Vomiting Due to Incomplete Intestinal Obstruction

Ms. Sun, 52, after operation for carcinoma of cervix, was unable to eat and had repeated vomiting and nausea. Hospital gave her the diagnosis of incomplete intestinal obstruction. Other symptoms and signs were: headache and vertigo, bitter mouth and sonitus, hot feeling in the chest, vomiting of saliva, anorexia, thirst but unable to drink, stool was watery at first and then became hard, with borborygmus, yellow and scanty urine, purple lips, yellow and thin tongue coating, tight pulse. This was a case caused by the intermingling of Cold and Heat and imbalance of the Liver and the Stomach. Decoction of Fructus Mume was given in the following way:

Fructus Mume	9 grams
Rhizoma Coptidis	6 grams
Pericarpium Zanthoxyli	3 grams
Radix Codonopsis Pilosulae	9 grams
Radix Angelicae Sinensis	6 grams
Cortex Phellodendri	4.5 grams
Rhizoma Zingiberis	3 grams
Haematitum	15 grams
Pericarpium Citri Reticulatae	4.5 grams
Caulis Bambusae in Taeniam	4.5 grams

After taking one dose of the above decoction, vomiting and nausea stopped. One ascaris

was found in the stool. All the other symptoms and signs subsided significantly. Another four doses of the above decoction with minor alterations were served. Finally decoction prepared in accordance with Decoction of Radix Glycyrrhizae Praeparata (see Clause 177) was given to consolidate.

**Case 3 (12 p. 210): Chronic Diarrhea (Colitis)**

Mr. Yuan, 32, had been suffering from chronic diarrhea for about 15 years. Every day, he had one to four episodes of watery or soft stools. When an oily meal was taken it was aggravated. In recent years the patient had become emaciated. Doctors of Western medicine made the diagnosis of colitis. When the patient turned to Chinese medicine he was given Fructus Mume Pill. After only three days he felt much better, so further pills were given for another week. The patient then had a good appetite and felt energetic. After such treatment for about 40 days the ailment was totally gone. Within a period of four months there was no recurrence.

**CLAUSE 339**

Febrile disease caused by Cold: The following symptoms and signs will be indication of the evanescence of pathogenetic Heat: slight fever and coldness on the extremities, coldness on the tips of the fingers, restlessness, and a reluctance to speak and eat. A few days later there will be normal urination with clear urine. When the Heat disperses, if the patient wants to take in food, he will soon recover. But melena will surely occur if the following symptoms and signs are observed: coldness on the extremities, nausea, restlessness, fullness in the chest and at the costal region (1).

**NOTES**

1. Wang Kentang: Nausea, restlessness, and fullness in the chest and costal region are symptoms of the Lesser Yang syndrome. This is because Lesser Yang and Greater Yin are Exterior-Interior connected. Thus, Greater Yin syndrome will affect the Lesser Yang Channel. Melena is caused when a pathological condition prevails in the Greater Yin Channel, as the Liver (Greater Yin Channel) dominates the Blood.

*Acupuncture Points:* Daling (PC 7), Waiguan (SJ 5), Zulinqi (GB 41), Hegu (LI 4).

**CLAUSE 340**

The patient has coldness on the hands and feet but says he does not have a Blocked-up Chest. He also feels abdominal distention with tenderness. This is caused by congelation of Cold (1) in the Urinary Bladder and at the Guanyuan (RN 4) point.



## NOTES

1. Congelation of Cold: Pain caused by pathogenesis other than Heat is termed "Cold pain." Therefore, congelation of Cold is the cause of the pain mentioned in this clause. This is a case of Water-Cold congelation in deficient nature.

## CLAUSE 341

Febrile disease caused by Cold: Coldness on the extremities lasted for three days after the prevalence of a four-day fever. Then comes another fever for four days. The symptom of more fever and less coldness on the extremities foretells a recovery. If fever prevails on the fourth to the seventh day, there will be stool with bloody pus (1).

## NOTES

1. Stool with bloody pus is caused by excessive restoration of the Yang Vital Energy.

## CLAUSE 342

Febrile disease caused by Cold: Coldness on the extremities lasted for four days, followed by fever for three days. After that, coldness on the extremities again prevails for five days. More coldness and less fever would indicate an aggravation of the syndrome. As the Yang Vital Energy is retreating, the syndrome is becoming aggravated (1).

## NOTES

1. This clause is a continuation of Clause 341.

Wu Renju: *Canon of Medicine* says that febrile disease is caused by Cold. Febrile disease caused by Cold, no matter how serious the fever might be, will not end fatally, as fever is always a symptom that indicates a development towards recovery. But both an insufficiency of fever and an excess of fever will cause diseases. The above two clauses discuss insufficiency and excess of fever and the development of diseases.

## CLAUSE 343

Febrile disease caused by Cold, the sixth or the seventh day: Moxibustion therapy can be practiced on the acupoints of the Greater Yin Channel (1) upon observation of a feeble pulse, restlessness, and coldness on the hands and feet. It is a fatal case if the coldness is not dispersed by the therapy (2).

## NOTES

1. The acupoints of the Greater Yin Channel may refer to the acupoints Taichong (LR 3), Xingjian (LR 2), Zhangmen (LR 13), etc.

2. Fang Youzhi: Moxibustion therapy is practiced to dredge the Yang Vital Energy. If Yang cannot resume its function (i.e., coldness still prevails) after the therapy, it must be a fatal case.

#### CLAUSE 344

Febrile disease caused by Cold: The symptoms of fever, diarrhea, coldness on the extremities, and insomnia caused by restlessness would indicate a fatal case (1).

#### NOTES

1. This is a syndrome involving the absolute prevalence of Yin and outward dispersion of Yang. Fever is a symptom of the evanescent Yang being resisted by a strong Yin Vital Essence. In other words, it is Exterior false Heat with Interior real Cold.

Cheng Zhi: It will not be a fatal case if there is fever associated with the Greater Yin syndrome. This is because fever is an indication of the syndrome's return to the Exterior and the evanescence of the Interior syndrome. But when there is a fever with coldness on the extremities as well as continuous diarrhea and restlessness, then it is a fever that indicates the evanescence of the Yang Vital Energy. It is generally a fatal case.

Zhang Lu: Insomnia caused by restlessness indicates that the Yang Vital Energy of the Kidney is dispersing and evanescent. Generally speaking, diarrhea with coldness on the extremities is a symptom of a fatal case, as the Yang Vital Energy of all the Yang Channels circulates among the four extremities.

#### CLAUSE 345

Febrile disease caused by Cold: Fever (1), acute diarrhea, and continuous extreme coldness on the extremities would be the symptoms of a fatal case (2).

#### NOTES

1. This is also a fever of "false Heat with real Cold."

2. See notes of Clause 344.

#### CLAUSE 346

Febrile disease caused by Cold, no diarrhea for six to seven days: When the patient suddenly has a fever (1) and diarrhea with continuous perspiration, it may result fatally, as the symptoms are an indication of the absolute prevalence of Yin, with no Yang.

## NOTES

1. Fever and perspiration are an indication of the outward dispersion of the Yang Vital Energy.

Zhang Lingshao: Generally speaking, the Greater Yin syndrome with fever is not a fatal case. But there are certain exceptions. If one of the following symptoms appears, it will be a fatal case:

- 1) Insomnia caused by restlessness;
- 2) Continuous coldness on the extremities that does not come to an end;
- 3) Continuous perspiration that does not come to an end.

## CLAUSE 347

Febrile disease caused by Cold, five to six days: A purgative is prohibited when there is no Blocked-up Chest (1) with deficient pulse, softness in the abdomen, and coldness on the extremities. These are symptoms of hemorrhage (2). If a purgative is given, a fatal case is sure to result (3).

## NOTES

1. Wu Qian's remark: "No Blocked-up Chest" should read "no stool." Otherwise why should doctor prescribe a dose of purgative, since there is no syndrome that requires a purgative?

2. This is a case with a loss of Blood and exhaustion of Yin. Thus coldness on the extremities is of a deficient nature.

3. Clause 346 is a case involving evanescence of Yang; this clause is a case with evanescence of Yin. In a case with the evanescence of Yang, be careful not to induce continuous diarrhea. Obviously, when a purgative is adopted to induce diarrhea, it must result in a fatal case.

*Acupuncture Points:* Guanyuan (RN 4), Jueque (RN 14), Ganshu (BL 18), Zhangmen (LR 13).

## CLAUSE 348

The patient has fever and coldness on the extremities. On the seventh day, if diarrhea (1) occurs, it would be a case difficult to cure.

## NOTES

1. Diarrhea is a syndrome of a Yin nature. It shows the further prevalence of Yin.

## CLAUSE 349

Febrile disease caused by Cold: Moxibustion therapy (1) can be

practiced in a case with coldness on the hands and feet and an irregular-speedy pulse (2).

#### NOTES

1. When Yang is resisted by Yin, moxibustion therapy can be adopted to dredge the Yang Vital Energy. The following acupoints may be used: Taichong (LR 3), Dadun (LR 1), Xingjian (LR 2), Zhongfeng (LR 4), etc.

2. Zhang Lu: Decoction of *Sini* should be practiced in case with coldness on the extremities. But when the pulse is irregular-speedy, it must be a case of the Yang Vital Energy confined at the Interior. It is not a case of deficient Yang. Thus, the therapy is to dredge the Yang Vital Energy but not to adopt a decoction to warm the Channel and tonify the Yang Vital Energy.

#### CLAUSE 350

Febrile disease caused by Cold: Decoction of *Baihu* (1) can be adopted for the syndrome of Interior Heat with a slippery pulse and coldness on the extremities.

#### NOTES

1. There should also be other symptoms showing Interior Heat when the decoction is to be adopted: heat in the chest and abdomen, a parched mouth and tongue, a parched and yellowish tongue coating, restlessness and thirst for a cold drink, and yellowish and reddish urine.

Wu Renju: When the Yang Vital Energy cannot move regularly, coldness on the extremities is caused. The corresponding pulse should be of a Yin nature. But in this case, a slippery pulse is observed. A slippery pulse is an excessive one, serving as an indication of the Interior excessive Yang Vital Energy. Thus, Yin Vital Essence is resisted at the Exterior, causing false Exterior Cold with real Interior Heat. Decoction of *Baihu* is used to eliminate the Interior excessive Heat. Then Yin and Yang will be harmonized and coldness on the extremities dispersed.

*Acupuncture Points:* Xingjian (LR 2), Erjian (LI 2), Hegu (LI 4), Weishu (BL 21).

#### CLAUSE 351

Decoction of *Radix Angelicae Sinensis Sini* is the curative for a case with coldness on the extremities and a slender pulse that is hardly sensible (1).

#### NOTES

1. "A slender pulse that is hardly sensible" indicates the insufficiency of Blood with Cold stagnating in the Blood and the Yang Vital Energy evanescing. So the pulse is in an unfavorable state.

Decoction of Radix Angelicae Sinensis *Sini*  
(*Danggui Sini Tang*):

Radix Angelicae Sinensis	3 <i>liang</i>
Ramulus Cinnamomi	3 <i>liang</i>
Radix Paeoniae	3 <i>liang</i>
Herba Asari	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Fructus Ziziphi Jujubae	25 pcs.*
Medulla Tetrapanacis**	2 <i>liang</i>

Stew the above drugs in eight *sheng* of water till three *sheng* are left. Filter the decoction and take three doses a day of one *sheng* each dose.

\*Or 12 pcs., according to another edition.

\*\*Medulla Tetrapanacis, according to *Translation of Treatise*, should be Caulis Clematidis Armandii, as the drugs had different names in ancient times and the present.

*Explanation of the Prescription:* This decoction is efficacious for a syndrome with pathogenetic Cold stagnating in the deficient Blood when the Yang Vital Energy is evanescent and Blood circulation is not normal. It has the function of warming the Blood and dispersing the Cold, tonifying Blood and stimulating the Yang Vital Energy. Radix Angelicae Sinensis tonifies the Heart Blood, and Radix Paeoniae astringes the Heart Vital Energy. Fructus Ziziphi Jujubae, Radix Glycyrrhizae, and Medulla Tetrapanacis harmonize the Liver function and tonify the Liver Blood. Ramulus Cinnamomi and Herba Asari warm the Yang Vital Energy and disperse the Cold.

*Acupuncture Points:* Guanyuan (RN 4), Taichong (LR 3), Zhongwan (RN 12), Zusanli (ST 36).

## CASES

Case 1 (12 p. 217): Hernia

Mr. Yang, 51, had been suffering from a hernia caused by pathogenetic Cold for many years. Whenever he contracted a cold the hernia would cause problems. This summer while he was fording in the water for many days, he got a severe attack with acute pain, cold extremities, pale face. Pulse was deep-slender-tight. Tongue coating was white and greasy. Decoction of Radix Angelicae Sinensis *Sini* was prescribed in the following way:

Radix Angelicae Sinensis	12 grams
Herba Asari	3 grams
Ramulus Cinnamomi Praeparata	3 grams
Radix Paeoniae Alba Praeparata	12 grams
Radix Glycyrrhizae Praeparata	2.4 grams
Caulis Akebiae	9 grams
Radix Linderae	9 grams
Fructus Foeniculi	4.5 grams

Lignum Aquilariae Resinatum	2.4 grams
Poria	9 grams

After taking one dose of the above decoction, he achieved great relief. The second dose cured the ailment.

#### Case 2 (12 p. 218): Diarrhea

Mr. Long, 30, suffered from dysentery at the beginning of autumn. At first he had aversion to cold and nausea, with diarrhea. White and red mucus was found in the stool. Tenesmus, abdominal distention and pain were also reported. Decoction of Radix Pulsatillae (see Clause 371) was prescribed, but it didn't work. After a few months of repeated treatment the patient got no better. Decoction of Radix Angelicae Sinensis *Sini* was then prescribed as follows:

Radix Angelicae Sinensis	30 grams
Ramulus Cinnamomi	24 grams
Radix Paeoniae Alba	30 grams
Herba Asari	9 grams
Caulis Akebiae	12 grams
Radix Glycyrrhizae Praeparata	9 grams
Fructus Ziziphi Jujubae	30 grams
Semen Myristicae	15 grams
Fructus Evodiae	9 grams
Fructus Mume	15 grams

After taking four doses of the above decoction the aversion to cold disappeared. Hands and feet began to warm up and dysentery was reduced. In the second treatment the same decoction adding Herba Agrimoniae was given in three doses. Dysentery subsided after that.

#### Case 3 (12 p. 218): Malaria

Mr. Lu, 40, suffered from malaria. When the patient went to see the doctor he looked very pale and was reluctant to speak. When asked what was troubling him, he said that he had had shakes and shivers for more than four months with a slight fever, perspiration, cold extremities, headache, pain all over the body and abdominal pain, anorexia and reluctance to drink water. Both Chinese medicine and quinine had been used but did not work. The doctor diagnosed the pulse and tongue: pulse was deep-slender and slightly tight, tongue was tender, covered with thin coating. This was a case caused by Cold and Deficiency for a long time. Decoction of Radix Angelicae Sinensis *Sini* should be given:

Radix Angelicae Sinensis	15 grams
Ramulus Cinnamomi	15 grams
Radix Paeoniae Alba	18 grams
Herba Asari	6 grams
Radix Glycyrrhizae Praeparata	6 grams

Fructus Ziziphi Jujubae	24 grams
Radix Polygoni Multiflori	30 grams
Carapax Trionycis	18 grams
Fructus Mume	12 grams
Radix Bupleuri	12 grams
Caulis Akebiae	9 grams

After taking five doses of the above decoction the ailment was gone.

Case 4 (12 p. 221):

Ms. Zhou, 25, went to see the doctor reporting that right after she woke up in the morning, she felt numbness at the tip of all the fingers. A good massage could slightly reduce the ailment. Her fingers were not as flexible as before. Pulse was deep-slender and slightly tight; tongue was pale, covered with white coating. This was a case caused by stagnation of Cold that had hampered the Channels and Collaterals and the normal flow of Blood, resulting in the lack of nourishment of the tips of fingers. Decoction of Radix Angelicae Sinensis *Sini* was given:

Radix Angelicae Sinensis	15 grams
Rhizoma Ligustici Chuanxiong	9 grams
Radix Paeoniae Alba	9 grams
Ramulus Cinnamomi	9 grams
Herba Asari	3 grams
Radix Glycyrrhizae Praeparata	5 grams
Fructus Ziziphi Jujubae	5 pcs.
Caulis Akebiae	9 grams
Radix Astragali	9 grams
Herba Ephedrae	6 grams

After taking two doses the patient felt better, so another three doses were served with excellent results.

Case 5 (12 p. 222): Raynaud's Disease

Miss Fu, 18, first treatment on November 8, 1976. The patient reported to the doctor that last winter when the weather turned cold, she suddenly found the tips of the four extremities turned white and then purple, with a numb and painful feeling. Whenever her hands and feet were washed in cold water, there was an attack. The ailment could last a few hours each time. The disease occurred repeatedly in the winter months. This year, when the weather was turning cold the ailment recurred. Diagnosis: Pulse was deep-hidden-slender-small. Tongue coating was white. Extremities and tip of nose and ears were all cold. She was given the diagnosis of Raynaud's disease by Western medicine and insufficiency of Yang Vital Energy and Blood, which should be treated by adoption of Decoction of Radix Angelicae Sinensis *Sini*:

Radix Angelicae Sinensis	15 grams
Ramulus Cinnamomi	12 grams

Herba Asari	5 grams
Radix Paeoniae Alba	9 grams
Radix Glycyrrhizae Praeparata	5 grams
Fructus Ziziphi Jujubae	5 pcs.
Caulis Akebiae	9 grams
Radix Aconiti Praeparata	6 grams

After taking three doses (one dose every day), the ailment subsided. In the second treatment, dosage of Radix Aconiti Praeparata was reduced to five grams in three doses. In the third treatment, Radix Aconiti Praeparata was replaced by nine grams of Rhizoma Ligustici Chuanxiong. Another five doses were given and a full recovery was made.

Case 6 (31 p. 166):

Ms. Chen, 40, always had delayed menstruation and oligomenorrhea. Recently menstruation stopped for four months. A pregnancy was suspected, but there were no symptoms. Other symptoms: frequent and acute pain in the lower abdomen, epigastric suffocation, profuse salivation and nausea, cold extremities, pale face, purple lips and eyelids. Tongue coating was white and slippery. Pulse was deficient-hesitant. This was a case caused by the stagnation of Cold at the Middle Portion of Body Cavity, and stagnation of Vital Energy and Blood. Decoction of Radix Angelicae Sinensis *Sini* was given to facilitate the Yang and harmonize the Vital Energy and Blood:

Radix Angelicae Sinensis	3 <i>qian</i>
Radix Paeoniae	2 <i>qian</i>
Ramulus Cinnamomi	3 <i>qian</i>
Caulis Akebiae	3 <i>qian</i>
Rhizoma Pinelliae	3 <i>qian</i>
Rhizoma Zingiberis Recens	3 <i>qian</i>
Fructus Evodiae	2 <i>qian</i>
Radix Glycyrrhizae Praeparata	2 <i>qian</i>
Herba Asari	0.7 <i>qian</i>
Fructus Ziziphi Jujubae	3 pcs.

Three doses were finished when menstruation resumed. All the other symptoms subsided.

Case 7 (31 p. 167):

Ms. Zhang, 30, was having a bath when her menstruation came. The same evening after the bath, the patient suddenly had shivering all over the body, with coldness and numbness of the extremities, and the lower extremities were cold up to the knees. Palpitations and insomnia were also reported. Tongue was purple and swollen, covered with yellow and greasy coating. Pulse was slender-hesitant. Normal movement of Vital Energy and Blood was hampered due to existence of Cold and Humidity, which should be dispersed by adoption of Decoction of Radix Angelicae Sinensis *Sini*, as follows:

Radix Angelicae Sinensis	3 <i>qian</i>
Radix Paeoniae Alba	3 <i>qian</i>



Ramulus Cinnamomi	2 <i>qian</i>
Medulla Tetrapanacis	2 <i>qian</i>
Fructus Evodiae	2 <i>qian</i>
Radix Glycyrrhizae	1.5 <i>qian</i>
Rhizoma Zingiberis Recens	3 slices

The next day after taking one dose of the above decoction, the patient felt much better and could walk by herself. She had a good sleep, but still felt fatigued. In the second treatment the following were prescribed:

Radix Angelicae Sinensis	2 <i>qian</i>
Ramulus Cinnamomi	2 <i>qian</i>
Rhizoma Atractylocis Macrocephalae	3 <i>qian</i>
Rhizoma Pinelliae	3 <i>qian</i>
Radix Astragali	5 <i>qian</i>
Poria	5 <i>qian</i>
Radix Codonopsis Pilosulae	5 <i>qian</i>
Pericarpium Citri Reticulatae	1.5 <i>qian</i>
Radix Glycyrrhizae	1 <i>qian</i>

Two doses were given and a full recovery ensued.

### CLAUSE 352\*

If the patient suffers from chronic Interior Cold syndrome, Decoction of Radix Angelicae Sinensis *Sini* adding Fructus Evodiae and Rhizoma Zingiberis Recens will act as the curatives.

\*This clause is a continuation of Clause 351.

Decoction of Radix Angelicae Sinensis *Sini* adding  
Fructus Evodiae and Rhizoma Zingiberis Recens  
(*Dangguā Sini Jia Wuzhuyu Shengjiang Tang*):

Radix Angelicae Sinensis	3 <i>liang</i>
Radix Paeoniae	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Medulla Tetrapanacis	2 <i>liang</i>
Ramulus Cinnamomi	3 <i>liang</i>
Herba Asari	3 <i>liang</i>
Rhizoma Zingiberis Recens	0.5 <i>jin</i>
Fructus Evodiae	2 <i>sheng</i>
Fructus Ziziphi Jujubae	25 pcs.

Stew the above drugs in six *sheng* of water and six *sheng* of rice wine till five *sheng* are left. Filter the decoction and take five doses of one *sheng* each dose. According to another edition, the water and rice wine are four *sheng* each.

*Explanation of the Prescription:* Fructus Evodiae, pungent and warm, is added to disperse the Cold which has existed for a long time. Rhizoma Zingiberis Recens, pungent and warm, is added to dredge the Yang Vital Energy. When the above two drugs are added to the decoction, the function of eliminating Water-fluid stagnancy of a Cold nature will be strengthened.

## CASES

### Case 1 (12 p. 225):

Miss Wan, 22, had been suffering from menorrhagia for more than five years. The patient felt cold all over the body, with aversion to cold, limp extremities, cold feeling in the lower abdomen. Menstruation was always late, with leukorrhagia. There was no thirst and profuse salivation and ample urination were also reported. Tongue was pale and dark, covered with thin coating. Pulse was deep-slow-slender and weak. Decoction of Radix Angelicae Sinensis *Sini* adding Fructus Evodiae and Rhizoma Zingiberis Recens was prescribed as follows:

Radix Angelicae Sinensis	15 grams
Ramulus Cinnamomi	12 grams
Radix Paeoniae Alba (prepared with wine)	15 grams
Herba Asari	6 grams
Fructus Ziziphi Jujubae	18 grams
Caulis Akebiae	9 grams
Radix Glycyrrhizae Praeparata	6 grams
Cortex Cinnamomi	6 grams
Radix Linderae	9 grams
Folium Artemisiae Argyi	6 grams
Fructus Evodiae	9 grams
Rhizoma Zingiberis Recens	9 grams

(Add one cup of wine in the decoction before it is stewed.)

The doctor instructed the patient to take three doses of the above decoction before menstruation came, and another three doses were taken before the following menstruation. When all the six doses had been consumed the ailment was gone.

### Case 2 (12 p. 226): Contraction of Testicles

Mr. Ma, 27, had been suffering from pain in the right testicle for more than two months. After a period of treatment the pain subsided gradually. Suddenly one night, the testicle on the right contracted and retreated to the lower abdomen with acute pain which dragged to the waist. When it was really acute, the pain also went to the navel and contraction of the four extremities also occurred. Blue face and cold sweat permeated all over the body. Tongue was covered with white and greasy coating. Pulse was deep-slender-tight and tense. This was a case caused by the Yang Deficiency of the Liver and Kidney that had lost the nourishing function to the testicles and extremities. Treatment was the adoption of Decoction of Radix Angelicae Sinensis *Sini* adding Fructus Evodiae

and Rhizoma Zingiberis Recens to build the Yang in the Liver and Kidney, and warm the Channel to disperse the Cold:

Radix Angelicae Sinensis	15 grams
Ramulus Cinnamomi	12 grams
Radix Paeoniae	9 grams
Herba Asari	6 grams
Fructus Ziziphi Jujubae	5 pcs.
Rhizoma Zingiberis	12 grams
Fructus Evodiae	6 grams
Pericarpium Zanthoxyli Praeparata	5 grams
Fructus Mume	4 pcs.
Radix Aconiti Praeparata	60 grams

After taking one dose of the decoction the pain was much relieved. The second dose brought the testicle to its original position. All the other symptoms subsided, but the patient looked pale and depressed. In the second treatment, the same decoction with addition of nine grams of Fructus Amomi and subtraction of Pericarpium Zanthoxyli Praeparata was prescribed. After taking two doses, the patient came to himself completely.

#### Case 3 (32 p. 228): Contraction of Extremities

Mr. Liu, 26, always had aversion to cold. One day when he got up in the morning, he felt that his extremities were stiff. The same afternoon his extremities suddenly contracted, with acute pain and were unable to move. Neck and back were also stiff. Face was dark and blue, but the patient was still conscious. Pulse was deep-slow-slender and weak. Tongue was pale, covered with thin and white coating. Decoction of Radix Angelicae Sinensis *Sini* adding Fructus Evodiae and Rhizoma Zingiberis Recens was prescribed to disperse the invading Cold and Wind and to reinforce the Yang and regulate the Blood:

Radix Angelicae Sinensis	30 grams
Ramulus Cinnamomi	9 grams
Radix Paeoniae Alba Praeparata	4.5 grams
Herba Asari	1.5 grams
Radix Glycyrrhizae Praeparata	3 grams
Caulis Akebiae	1.5 grams
Fructus Evodiae	1.5 grams
Radix Astragali	30 grams
Radix Ledebouriellae	4.5 grams
Rhizoma Zingiberis Recens	6 grams
Fructus Ziziphi Jujubae	3 pcs.

After taking five doses (one dose per day), warmth could be felt in the extremities and pain was greatly relieved. In the second treatment, nine grams of Radix Codonopsis Pilosulae were added. Seven doses were taken before the syndrome was completely gone.

**CLAUSE 353**

Decoction of *Sini* (1) will be a curative for a syndrome with the following symptoms and signs: The fever still exists after profuse perspiration, abdominal spasm (2), and pain on the extremities, as well as diarrhea, coldness on the extremities, and a feeling of chill (3).

**NOTES**

1. See Clause 29.
2. Spasms and an uncomfortable feeling in the abdomen caused by the invasion of Cold.
3. The symptoms and signs in this clause are an indication of the dispersion of the Yang Vital Energy at the Exterior and prevalence of Yin at the Interior with false Exterior Heat.

Cheng Yingmao: Why is this not a fatal case with profuse perspiration and fever? Because when the patient is suffering from the syndrome of Interior Cold, perspiration has halted. Thus Yang stops dispersing, permitting rescue by the adoption of a decoction with warm-quality drugs.

*Acupuncture Points:* Shenque (RN 8), Ququan (LR 8), Mingmen (DU 4), Dazhui (DU 14).

**CLAUSE 354**

Decoction of *Sini* can be adopted in a case with the symptoms and signs of profuse perspiration, acute diarrhea, and coldness on the extremities (1).

**NOTES**

1. Yu Chang: As there is no Exterior Heat syndrome, it can be easily diagnosed as a case of Yin and Cold nature. But when there is profuse perspiration, the Body Fluid is also badly exhausted. Nevertheless, rescue of Yang should be considered most urgent. After Yang is restored, the therapy of rescuing Yin (Body Fluid) can then be adopted.

**CLAUSE 355**

When the pulse suddenly turns tense with coldness on the extremities, there must be a pathogenetic factor congealing in the chest. An emetic, *Pedicellus Melo Powder* (1), should be adopted to disperse the pathogenetic factor in the chest when the following symptoms and signs are observed: restlessness, epigastric fullness, and a feeling of hunger with anorexia.

## NOTES

1. *Pedicellus Melo Powder*: See Clause 166.

Wu Qian: Coldness on the extremities with a feeble and slender pulse is a case of a deficient and Cold nature, which requires a therapy of warming and tonifying. But it is a tense pulse in this clause. A tense pulse indicates a case of a Cold and excessive nature. The corresponding therapy should be the adoption of an emetic or a decoction with warm drugs. Restlessness, epigastric fullness, and hunger with anorexia are symptoms caused by the existence of a pathogenetic factor in the chest. When Cold Water-fluid and excessive pathogenetic factor congeals in the chest, movement of the Yang Vital Energy is hampered, therefore the Yang Vital Energy cannot reach the extremities, causing coldness on the extremities, restlessness, epigastric fullness, and hunger with anorexia. An emetic is to be adopted to vomit up the pathogenetic factor in the chest. Then the fullness and coldness on extremities will disappear.

*Acupuncture Points*: Shanzhong (RN 17), Fenglong (ST 40), Hegu (LI 4), Taichong (LR 3).

## CLAUSE 356

Febrile disease caused by Cold: When coldness on the extremities and palpitation occur simultaneously (1), it can be diagnosed that it is caused by Water stagnancy (2). Decoction of *Poria* and *Radix Glycyrrhizae* (3) is the curative for eliminating Water stagnancy. Then coldness on the extremities can be dispersed. Otherwise, Water will seep into the Stomach (4) to cause diarrhea.

## NOTES

1. Wu Qian's remark: There should be the clause "the patient must have drunk ample water" after the clause "when coldness on the extremities and palpitation occur simultaneously." This is because coldness on the extremities with palpitation may be caused either by the extreme prevalence of Yin or by Water stagnancy. Without this clause, how can it be diagnosed as a case with Water stagnancy?

Although "dysuria" is not mentioned in the text, it can be inferred that there must be dysuria; because when there is no dysuria, there is no Water stagnancy.

2. Water stagnancy: Water-fluid stagnancy. The general symptoms are palpitation, dizziness, etc.

3. Decoction of *Poria* and *Radix Glycyrrhizae*: See Clause 73.

4. Stomach: Stomach and Intestine.

Wang Hu: Coldness on the extremities with palpitation is caused by the excessive drinking of water. When Water-fluid of a Cold nature stagnates in the chest, the Yang Vital Energy cannot move normally to the extremities, causing coldness on the extremities. This is not a case with an invasion of Exterior Cold. Therefore, therapy is to eliminate the stagnant Water first. Once the Water is dispersed, the coldness on the extremities will be gone.

*Acupuncture Points:* Zusanli (ST 36), Yinlingquan (SP 9), Zhongwan (RN 12), Xinshu (BL 15).

### CLAUSE 357

Febrile disease caused by Cold, six to seven days: After a drastic is adopted, if the following symptoms and signs are observed, it will be a case difficult to cure (1): The pulse under the fore-finger is deep-slow (2) and the pulse under the ring-finger is not sensible (3). There is also coldness on the hands and feet, throat inflammation, sputum with bloody pus, and continuous diarrhea. In such a case, Decoction of Herba Ephedrae and Rhizoma Cimicifugae can be adopted as a means of rescue.

### NOTES

1. This is a case of upper Heat and lower Cold with intermingled Yin and Yang. When a drastic is mistakenly adopted for the Greater Yin syndrome, both Yin and Yang Vital Energy are hurt and cannot connect with each other. Thus it is a difficult case to cure.

2. A deep and slow pulse under the fore-finger is an indication of the Yang Vital Energy sinking deep into the Interior.

3. The pulse under the ring-finger is not sensible: an extreme insufficiency of the Yin Vital Essence.

Decoction of Herba Ephedrae and Rhizoma Cimicifugae  
(*Mahuang Shengmai Tang*):

Herba Ephedrae	2.5 <i>liang</i>
Rhizoma Cimicifugae	1 <i>liang</i> 1 <i>fen</i>
Radix Angelicae Sinensis	1 <i>liang</i> 1 <i>fen</i>
Rhizoma Anemarrhenae	18 <i>zhu</i>
Radix Scutellariae	18 <i>zhu</i>
Rhizoma Polygonati Odorati*	18 <i>zhu</i>
Radix Paeoniae	6 <i>zhu</i>
Radix Asparagi	6 <i>zhu</i>
Ramulus Cinnamomi	6 <i>zhu</i>
Poria	6 <i>zhu</i>
Radix Glycyrrhizae Praeparata	6 <i>zhu</i>
Gypsum Fibrosum	6 <i>zhu</i>
Rhizoma Atractylodis Macrocephalae	6 <i>zhu</i>
Rhizoma Zingiberis	6 <i>zhu</i>

\*According to another edition, it is Rhizoma Acori Graminei.

Stew *Herba Ephedrae* in one *dou* of water for a while and take out the dregs. Put the other drugs into it and stew the decoction till three *sheng* are left. Filter the decoction and take three doses with intervals and finish the decoction in the period of time in which three *dou* of rice can be well cooked.

*Explanation of the Prescription:* This decoction is composed of many decoctions with drugs of different qualities. Its function is to eliminate the upper Heat and warm the lower Cold, to tonify Yin and nourish the Blood, to harmonize the Nutrient Essence with the Vital Resistance, to lift up the sinking Yang, etc. But according to some commentary, this decoction has more the function of eliminating the excessive syndrome than tonifying the deficient syndrome, which is not in conformity with the deficient syndrome described in this clause. Thus caution should be taken when treating this case.

Yu Chang: A deep-slow pulse under the fore-finger is an indication of Yang sinking into Yin. It is not a case of an evanescent Yang. Although the symptoms and signs of coldness on the extremities, hardly sensible pulse under the ring-finger, and continuous diarrhea are observed, yet it is not a case with an absolute prevalence of Yin without Yang. Moreover, throat inflammation and sputum with blood pus are indication of abnormally ascending Yang. Thus Zhang Zhongjing had prescribed such a prescription to lift up the sunken Yang and disperse the complex of syndromes by means of perspiration.

*Acupuncture Points:* Yongquah (KI 1), Dadun (LR 1), Neiguan (PC 6), Taiyuan (LU 9).

## CASES

### Case 1 (25 p. 722): Disorder of Vegetative Nervous System

Ms. Li, 49, first treatment on June 1, 1981. While the patient was traveling on a bus, she found to her dismay some chemicals in a bag near her which emitted a strange smell. Right after that, she had deviation of vision and nearly lost consciousness. She was immediately sent to the hospital and came to herself after emergency treatment was given. Since then, the patient has suffered with vertigo and headache and deviation of vision. She received the diagnosis of disorder of function in the vegetative nervous system. Diagnosis by TCM doctor: Tongue was covered with thin and greasy yellow coating, tongue proper was red. Pulse was slender, speedy and tight, but weak at both Cubit positions. This was a case of upper Heat with lower Cold, which should be treated by Decoction of *Herba Ephedrae* and *Rhizoma Cimicifugae* as follows:

<i>Radix Ephedrae</i>	10 grams
<i>Rhizoma Cimicifugae</i>	3 grams
<i>Radix Angelicae Sinensis</i>	10 grams
<i>Rhizoma Anemarrhenae</i>	10 grams
<i>Gypsum Fibrosum</i>	30 grams
<i>Radix Scutellariae</i>	10 grams
<i>Cortex Magnoliae Officinalis</i>	5 grams
<i>Radix Paeoniae Alba</i>	15 grams
<i>Fructus Triticis Levis</i>	60 grams
<i>Radix Aconiti Praeparata</i>	10 grams

Rhizoma Zingiberis	6 grams
Fructus Ziziphi Jujubae	10 pcs.
Caulis Polygoni Multiflori	30 grams
Radix Scrophulariae	10 grams
Ramulus Cinnamomi	10 grams
Poria	10 grams
Radix Glycyrrhizae	10 grams

After taking five doses of the above decoction, all the symptoms subsided greatly. Some 30 doses were taken before the syndrome was gone. No recurrence was reported when the doctor visited the patient in October 1981.

### CLAUSE 358

Febrile disease caused by Cold, on the fourth or the fifth day, with abdominal pain: The feeling of air descending to the abdomen will be the aura of diarrhea (1).

#### NOTES

1. Fang Youzhi: "The feeling of air descending to the abdomen" indicates that when Interior Deficiency prevails, Cold is moving downward to cause diarrhea.

Zhang Lu: Abdominal pain caused by Heat generally moves upward; abdominal pain caused by Cold generally moves downward. This is always true.

*Acupuncture Points:* Chongyang (ST 42), Gongsun (SP 4), Shenque (RN 8), Taichong (LR 3).

### CLAUSE 359

Febrile disease caused by Cold: An emetic or purgative adopted in a case with diarrhea of a Cold nature will cause "Cold Resistance" (1). Vomiting and diarrhea are consequently aggravated. When the patient vomits up the food he has just taken, prescribe Decoction of Rhizoma Zingiberis, Radix Scutellariae, Rhizoma Coptidis, and Radix Ginseng as the curatives.

#### NOTES

1. The Chinese is "*Hange*," meaning "Cold Resistance." The relevant symptom is that when lower Cold is resisting the upper Heat, food that has just been taken will be vomited up immediately.

Decoction of Rhizoma Zingiberis, Radix Scutellariae,  
Rhizoma Coptidis and Radix Ginseng  
(*Ganjiang Huangqin Huanlian Renshen Tang*):

Rhizoma Zingiberis

3 *liang*



Radix Scutellariae	3 <i>liang</i>
Rhizoma Coptidis	3 <i>liang</i>
Radix Ginseng	3 <i>liang</i>

Stew the above four drugs in six *sheng* of water till two *sheng* are left. Filter the decoction and take it in two doses.

*Explanation of the Prescription:* The Greater Yin syndrome is of a Heat-Cold-Resistance nature. So vomiting and diarrhea are common symptoms. If an emetic or purgative is mistakenly adopted, vomiting and diarrhea can only be aggravated. In this decoction, Radix Scutellariae and Rhizoma Coptidis are used to eliminate the Stomach Heat at the upper portion. Radix Ginseng and Rhizoma Zingiberis are used to warm the Intestine Cold and tonify the Interior. Thus, this decoction has both cold and warm drugs aimed at easing the Cold-Heat-Resistance.

*Acupuncture Points:* Neiguan (PC 6), Gongsun (SP 4), Zusanli (ST 36), Yingu (KI 10).

## CASES

### Case 1 (12 p. 228): Vomiting

Mr. Lin, 50, had been suffering from a gastric disorder for a long time. In recent days he had repeated vomiting, with a suffocating feeling in the chest and anorexia. Whenever he ate a little he would vomit immediately. Watery stools and parched mouth were also reported. Pulse was deficient and speedy. Decoction of Rhizoma Zingiberis, Radix Scutellariae, Rhizoma Coptidis and Radix Ginseng was prescribed:

Radix Codonopsis Pilosulae	15 grams
Rhizoma Zingiberis	9 grams
Radix Scutellariae	6 grams
Rhizoma Coptidis	4.5 grams

After taking one dose of the decoction vomiting and diarrhea stopped. In order to help the patient build up his Interior Body Resistance, the doctor instructed him to eat the following healthy food:

Fresh ginger	500 grams
Red dates	500 grams

Chop the above and mix them. Take one small cup of the mixture and have it steamed when rice is prepared. It is good for the stomach.

### Case 2 (25 p. 414): Chronic Gastritis

Ms. Cui, 45, farmer, first treatment on February 10, 1978. The patient had a history of gastric disorder with acid regurgitation, anorexia, chest and epigastric fullness and suffocation. Stomach-ache could be aggravated when the patient lost her temper, or

when she was taking too cold and too hard food. Pulse was tight and tense; tongue was covered with white and greasy coating. Decoction of *Rhizoma Zingiberis*, *Radix Scutellariae*, *Rhizoma Coptidis* and *Radix Ginseng* was given:

<i>Rhizoma Zingiberis</i>	9 grams
<i>Radix Scutellariae</i>	9 grams
<i>Rhizoma Coptidis</i>	6 grams
<i>Radix Codonopsis Pilosulae</i>	15 grams
<i>Radix Bupleuri</i>	10 grams
<i>Radix Paeoniae Rubra</i>	10 grams
<i>Fructus Aurantii</i>	10 grams
<i>Radix Glycyrrhizae</i>	10 grams
<i>Herba Agastachis</i>	

After taking two doses, an intestinal booming sound was heard and the patient felt that there was a cold gas in the body descending. Vomiting stopped and fullness was reduced. In the next treatment, three doses of the same decoction (with addition of *Cortex Magnoliae Officinalis*) were given to achieve a better result.

### CLAUSE 360

Diarrhea with light fever and thirst (1): Selfhealing will occur if the pulse is weak (2).

#### NOTES

1. "Light fever and thirst" signify the restoration of the Yang Vital Energy.
2. "Weak pulse" indicates the dying out of syndrome.

Cheng Zhi: Restoration of the Yang Vital Energy and dispersion of the pathogenetic factor will be good signs for diarrhea. Light fever with thirst indicates that the syndrome is transmitting to Yang. A weak pulse is an indication of the syndrome dying out. Thus, selfhealing is sure to occur. In case high fever and an excessive pulse are observed in a syndrome with diarrhea, it will foretell a fatal case.

### CLAUSE 361

Diarrhea will come to a stop when there appear the symptoms and signs of a speedy pulse, light fever, and perspiration. When the pulse turns tense (1), the syndrome is not healing.

#### NOTES

1. A tense pulse is an indication of the prevalence of Cold. According to another edition, "tense pulse" was quoted as "a floating and tense pulse."

Cheng Wuji: Diarrhea is a syndrome of a Yin nature. A speedy pulse has a Yang nature. When a Yang pulse appears in a Yin syndrome, it is a sign of recovery. Light fever with perspiration indicates the restoration of the Yang Vital Energy. Thus, diarrhea

is sure to stop. A tense pulse always indicates a syndrome of a Cold nature. Thus, when there is a tense pulse, Yin still prevails. Therefore the syndrome is not healing.

### CLAUSE 362

It would be a fatal case if the following symptoms and signs are observed: diarrhea, coldness on the hands and feet, and an insensible pulse. When moxibustion therapy can bring neither warmth on the extremities nor restoration of the pulse, but there is still a light dyspnea, it will be a fatal case (1). If a pulse of the Lesser Yin is weaker than *Fuyang* pulse (2), it will be a curable case.

#### NOTES

1. Diarrhea, coldness on the extremities and a barely sensible pulse are indications of the extreme evanescence of the Yang Vital Energy. Moxibustion therapy should be urgently practiced as a means of rescue. After moxibustion is adopted, if the extremities do not warm up and the pulse does not resume, but there is a light dyspnea, it is a case of the complete dispersion of the Yang Vital Energy, which is fatal.

2. Pulse of Lesser Yin: The *Taixi* pulse, in which the Kidney Vital Energy can be reflected. It is located on the foot *Taixi* (KI 3) point. *Fuyang* pulse, located at the Chongyang (ST 42) point of the foot, is where the Stomach Vital Energy can be sensed.

When Kidney pulse (pulse of Lesser Yin, *Taixi* pulse) is weaker than Stomach pulse (*Fuyang* pulse), Stomach pulse (of Yang nature) prevails. Thus, when a Yin syndrome has a Yang pulse, it is an indication of recovery. Once Stomach Vital Energy still exists, the possibility of recovery still exists. Thus, it is a curable case.

### CLAUSE 363

Bloody pus will be observed in diarrhea when the pulse under the fore-finger is floating and speedy (1) and the pulse under the ring-finger is hesitant (2).

#### NOTES

1. The Greater Yin syndrome should have a deep and slow pulse, as it is a case of a deficient and Cold type. When a floating and speedy pulse (with an excessive nature) appears in a Yin syndrome, it will be an indication of the restoration of the Yang Vital Energy. But if the restoration of Yang is excessive, pathogenetic Heat will accumulate and hurt the Yin and Blood. Diarrhea with bloody pus is thus caused.

2. Wu Qian: A hesitant pulse under the ring-finger: Exterior pathogenetic Heat will invade the Interior with diarrhea and hurt the Yin. When pathogenetic Heat intermingles with Blood, they will turn into bloody pus.

*Acupuncture Points:* Daling (PC 7), Waiguan (SJ 5), Hegu (LI 4), Taichong (LR 3).

**CLAUSE 364**

The Exterior syndrome should not be treated when diarrhea with undigested cereals are observed. After perspiration (by the adoption of diaphoresis), there will be abdominal distention (1).

**NOTES**

1. Diarrhea with undigested cereals indicates Deficiency and Coldness in the Spleen and Stomach. Diaphoresis will make the Yang Vital Energy of the Spleen and Stomach even weaker. When digestive system loses its normal function, abdominal distention occurs.

*Remark:* This clause is related to Clause 91.

*Acupuncture Points:* Qihai (RN 6), Pishu (BL 20), Neiguan (PC 6), Zusanli (ST 36).

**CLAUSE 365**

Diarrhea with a deep and tight pulse (1) will be accompanied with a descending feeling at anus (anal tenesmus). A huge pulse (2) will indicate that the syndrome is not coming to a stop. When the pulse is feeble-weak and speedy (3), diarrhea will stop spontaneously. Although fever may be diagnosed, it will not be a fatal case.

**NOTES**

1. Pulse corresponds to the case.

2. A huge pulse indicates a prevalence of pathogenetic Heat.

3. A feeble-weak and speedy pulse: A feeble-weak pulse is a pulse of diarrhea. But a speedy pulse is an indication of the restoration of the Body Resistance. Thus, the syndrome is going to heal.

**CLAUSE 366**

The syndrome will be gone following a period of vertigo and perspiration when there exist the following symptoms and signs: Diarrhea with undigested cereals, a deep and slow pulse, a slightly flushed face, and fever. The patient must have a light coldness on the extremities. This is caused by the Deficiency of the lower portion, which can be seen from the symptom of "Wearing Yang" (1) on the face.

**NOTES**

1. "Wearing Yang": See note of Clause 317.

**CLAUSE 367**

Diarrhea with a speedy pulse and thirst may either lead to self healing or stool with bloody pus when the pathogenetic Heat is too excessive (1).

**NOTES**

1. Excessive restoration of the Yang Vital Energy.

*Acupuncture Points:* Quze (PC 3), Zhongdu (LR 6), Zhaohai (KI 6), Ximen (PC 4).

**CLAUSE 368**

After diarrhea has occurred, the pulse disappears but coldness on the hands and feet appears. The pulse resumes pulsation and the extremities return warmth after a whole day. This will be an indication of a favorable case. If the pulse does not resume, it will be a fatal case (1).

**NOTES**

1. Diarrhea is caused when Cold directly invades the Greater Yin Channel. A heavy loss of Body Fluid brings a sudden dispersion of the Yang Vital Energy. Some commentators suggested the adoption of Decoction of *Baitong* (see Clause 314) and acupuncture at acupoints Guanyuan (RN 4) and Qihai (RN 6).

**CLAUSE 369**

Febrile disease caused by Cold with diarrhea more than a dozen times a day: It will be a fatal case when an excessive pulse (1) is observed.

**NOTES**

1. Excessive pulse: Pulse mighty and excessive but not soft. An excessive pulse here indicates the complete dispersion of the Stomach Vital Energy. This is because "diarrhea a dozen times a day" is a deficient syndrome, which should have a pulse of deficient type (such as feeble, slender, deep and slow pulse). When an excessive pulse is observed, it must be an adverse case.

**CLAUSE 370**

Decoction of *Tongmai Sini* is a curative for the syndrome with the following symptoms and signs: diarrhea with undigested cereals, perspiration, coldness on the extremities, and Interior coldness and Exterior Heat (1).

## NOTES

1. The syndrome described in this clause is similar to that under Clause 317. See text and note under that clause.

*Acupuncture Points:* Guanyuan (RN 4), Pishu (BL 20), Taichong (LR 3), Zusanli (ST 36).

## CLAUSE 371

Decoction of Radix Pulsatillae will be the remedy for Hot diarrhea (1) with a descending feeling at the anus (anal tenesmus).

## NOTES

1. Hot diarrhea: diarrhea with intermingled bloody pus caused by the descending Heat and Humidity. Clause 363 can be a reference for this clause.

Decoction of Radix Pulsatillae  
(*Baitouweng Tang*):

Radix Pulsatillae	2 <i>liang</i>
Cortex Phellodendri	3 <i>liang</i>
Rhizoma Coptidis	3 <i>liang</i>
Cortex Fraxini	3 <i>liang</i>

Stew the above drugs in seven *sheng* of water till two *sheng* are left. Filter the decoction and take one *sheng* when lukewarm. If it is not efficacious, take the second dose.

*Explanation of the Prescription:* This is a principal prescription for treating Hot diarrhea under the Greater Yang Channel. It has the function of eliminating Heat, drying Humidity, and astringing the diarrhea.

*Acupuncture Points:* Hegu (LI 4), Shangjuxu (ST 37), Ququan (LR 8), Yingu (KI 10).

## CASES

Case 1 (11 p. 1234):

Mr. Zhu, 78, had a strong build. He was suffering from Hot diarrhea with tenesmus. Pulse was grand; tongue was covered with yellow coating. Decoction of Radix Pulsatillae was the right cure. Prescription was as follows:

Radix Pulsatillae	3 <i>qian</i>
Cortex Fraxini	3 <i>qian</i>
Rhizoma Coptidis	0.5 <i>qian</i>
Cortex Phellodendri	3 <i>qian</i>

Radix et Rhizoma Rhei (stewed later)	3 qian
Fructus Aurantii Immaturus	1 qian
Semen Persicae	3 qian
Natrii Sulfas (melt into the decoction)	2 qian

Case 2 (18 p. 397): Case Studies Recorded in *Shanghai TCM Journal*, Vol. 6, 1960

Using Decoction of Radix Pulsatillae (with only three drugs: Radix Pulsatillae, Cortex Phellodendri and Cortex Fraxini), doctors treated 45 cases of dysentery and 144 cases of enteritis. The following results were recorded:

In the 45 cases of dysentery, 41 cases: abdominal pain, tenesmus and diarrhea with bloody pus disappeared within 48 hours, amounting to 91.2 percent; 1 case: the above symptoms disappeared within 72 hours, amounting to 2.2 percent; 3 cases: not efficacious. Total cure rate was 93.4 percent.

In the 144 cases of enteritis, 135 cases: abdominal pain and dysentery disappeared within 48 hours, amounting to 93.7 percent; 3 cases: the above symptoms disappeared within 72 hours, amounting to 2.1 percent; 6 cases: not efficacious, amounting to 4.2 percent. Total cure rate was 95.8 percent.

Case 3 (18 p. 398): Case Studies Recorded in *Compilation of Scientific and Technical Data, Lanzhou*, Vol. 1, 1973

Decoction of Radix Pulsatillae with following drugs was prescribed:

Radix Pulsatillae	15 grams
Radix Sophorae Flavescentis	2 grams
Cortex Phellodendri	12 grams
Herba Portulacae	30 grams
Radix Sanguisorbae	12 grams

Principal symptoms and signs were fever, abdominal pain, tenesmus, repeated dysentery. They treated 58 cases of adult bacillary dysentery, 51 cases: full recovery; 4 cases: symptoms disappeared; 3 cases: not efficacious. Total cure rate was 94.8 percent.

Case 4 (18 p. 398): Case Studies Recorded in *Journal of China Internal Medicine*, Vol. 4, 1960

Decoction of Radix Paeoniae and Radix Pulsatillae was used:

Radix Pulsatillae Praeparata	60 grams
Radix Paeoniae Alba	30 grams
Flos Lonicerae	30 grams
Caulis Lonicerae	30 grams
Rhizoma Coptidis	9 grams
Radix Aucklandiae	9 grams
Semen Arecae	9 grams
Rhizoma Alismatis	15 grams
Semen Plantaginis	15 grams

The decoction was served one dose per day; three to seven doses made up one course

of treatment. Cure rate was 98 percent. Symptoms subsided within two to nine days, average 4.5 days.

Case 5 (18 p. 400): Acute Conjunctivitis, Case Recorded in *New TCM*, Vol. 4, 1973

Male patient, 11, had acute conjunctivitis with swollen eyelids, pink eyes, profuse tears and dim vision. According to TCM, this was caused by the invading pathogenetic Wind and Heat to the eye, which could also be treated with Decoction of Radix Pulsatillae:

Radix Pulsatillae	30 grams
Rhizoma Coptidis	4.5 grams
Cortex Phellodendri	6 grams
Cortex Fraxini	9 grams

Three doses of the above decoction cured the ailment.

Case 6 (12 p. 229): Chronic Amebic Dysentery

Chen, 50, had been suffering from amebic dysentery for 15 years, with repeated attacks bearing symptoms of abdominal distention, tenesmus and repeated diarrhea with bloody pus and mucus. Both Western and Chinese medicine had been used, but could only provide temporary control and the disease attacked again. Enema therapy of Decoction of Radix Pulsatillae was adopted twice, which worked wonderfully. In the following year no recurrence was reported.

Prescription:

Radix Pulsatillae	30 grams
Fructus Forsythiae	30 grams
Cortex Phellodendri	6 grams
Fructus Gardeniae	6 grams

## CLAUSE 372

When symptoms and signs of diarrhea, abdominal distention (1), and pain over the body (2) are observed, Interior coldness should be treated first with warm-quality drugs, and then the Exterior syndrome can be treated. Decoction of *Sini* is to be used to warm the Interior and Decoction of Ramulus Cinnamomi can be used to disperse the Exterior syndrome (3).

## NOTES

1. Diarrhea and abdominal distention are symptoms of Interior Cold.
2. Pain over the body is a symptom of the Exterior syndrome.
3. The treatment in cases with syndrome complex at both Interior and Exterior cannot be always treated according to "Exterior syndrome first and Interior syndrome afterwards," though this is a general law of treatment. The therapy should be adopted



to actual cases. The more acute and more urgent cases should be treated first. Diarrhea in this clause has undigested cereals, which is an indication of an acute Deficiency and Cold at the Interior. Thus the Interior syndrome is more acute than the Exterior syndrome and should therefore be treated first.

*Acupuncture Points:* Qihai (RN 6), Zhongwan (RN 12), Hegu (LI 4), Chongyang (ST 42).

### CLAUSE 373

Diarrhea with thirst will serve as proof of Interior Heat. In such a case Decoction of *Radix Pulsatillae* should be adopted (1).

#### NOTES

1. This clause is related to Clause 377, which also deals with symptoms and signs of diarrhea of a Heat nature.

### CLAUSE 374

Diarrhea with delirium would indicate the existence of stercoroma. Decoction of Lesser *Chengqi* should be adopted (1).

#### NOTES

1. The diarrhea in this clause should be smelly watery stool, which is different in nature from diarrhea with undigested cereals. Other symptoms and pulse of Interior Heat syndrome can also be diagnosed.

Wang Hu: Since there is diarrhea, pathogenetic Heat should disperse with the diarrhea, how is it possible that delirium and stercoroma are diagnosed? This is a case of an excessive pathogenetic Heat of the Greater Yang Channel syndrome. When the indigestion cannot move downward because of the stasis of the pathogenetic factor, some of it will congeal into stercoroma, and the rest will move downward in watery stool form. Thus, stercoroma is the root of diarrhea. When stercoroma forces the pathogenetic Heat to move upward to the Heart, delirium results. Diagnosis can be made by feeling the abdomen and navel. If there is stercoroma it will be hard and painful.

*Acupuncture Points:* Hegu (LI 4), Taichong (LR 3), Quchi (LI 11), Shangjuxu (ST 37).

### CLAUSE 375

It will be restlessness of a deficient nature if restlessness is aggravated by diarrhea and if the chest is soft when pressed. Decoction of *Fructus Gardeniae* and *Semen Sojae Praeparatum* will be the curative (1).

## NOTES

1. Lin Lan: When diarrhea stops, the remaining pathogenetic Heat in the chest will cause restlessness. "Soft when pressed" indicates that the case is not one of excessive pathogenetic Heat. Thus, Decoction of Fructus Gardeniae and Semen Sojae Praeparatum (see Clause 76) are used to eliminate the pathogenetic Heat of a deficient nature.

*Acupuncture Points:* Daling (PC 7), Waiguan (SJ 5), Ximen (PC 4), Jiaoxin (KI 8).

## CLAUSE 376

A patient who always suffers from nausea and vomiting should not be treated with an antiemetic if he vomits a purulent substance. Once the patient vomits up all these substances, vomiting will come to a stop (1).

## NOTES

1. Diagnosis should be made to find out the reason for the purulent substance and the relevant therapy should be adopted to eliminate the pus.

## CLAUSE 377

It would be a difficult case to treat if the following symptoms and signs are observed: nausea and vomiting, a weak pulse, normal urination, a light fever, and coldness on the extremities. Decoction of *Sini* can be adopted to rescue the case (1).

## NOTES

1. This is a case of nausea and vomiting caused by excessive Yin and deficient Yang. Excessive Essence Yin makes the pulse weak and urination normal. When it resists the Yang, nausea and vomiting with a light fever are caused. Coldness on the extremities is caused by a Deficiency of Yang Vital Energy. Decoction of *Sini* is used to warm the Interior and restore the Yang Vital Energy.

*Acupuncture Points:* Zhongwan (RN 12), Guanyuan (RN 4), Neiguan (PC 6), Zusanli (ST 36).

## CLAUSE 378

Decoction of Fructus Evodiae (1) is a curative for nausea with copious salivation and headache (2).

## NOTES

1. See Clause 243.

2. This clause deals with nausea caused by Coldness and Deficiency in the Stomach and Liver. A similar syndrome can be found in Clauses 243 and 309.

*Acupuncture Points:* Dadun (LR 1), Baihui (DU 20), Zhongwan (RN 12), Zusanli (ST 36).

### CLAUSE 379

Decoction of Lesser Radix Bupleuri (1) can be adopted in cases with nausea and fever (2).

#### NOTES

1. See Clause 96.
2. This clause deals with the case in which the Greater Yin syndrome transmits into the Lesser Yang syndrome. Nausea is the main symptom of Lesser Yang. Fever is an indication of restoration of the Yang Vital Energy.

*Acupuncture Points:* Taichong (LR 3), Guangming (GB 37), Zulinqi (GB 41), Waiguan (SJ 5).

### CLAUSE 380

Febrile disease caused by Cold: After an acute emetic and drastic are adopted, the patient suffers extreme weakness and Deficiency. Then diaphoresis (1) is adopted. When it is diagnosed that the Exterior syndrome is not gone (2), water is given again to obtain perspiration. Then nausea occurs. This is caused by Coldness in the Stomach (3).

#### NOTES

1. Diaphoresis is effected by giving ample water to obtain perspiration.
2. Exterior syndrome refers to Exterior Heat (fever).
3. Nausea under this clause is caused by repeated mistaken treatments that have made the Stomach cold and deficient. Nausea in this clause is of a deficient nature. Clauses 194, 226 and 232 can be taken as references.

*Acupuncture Points:* Zhongwan (RN 12), Zusanli (ST 36), Houxi (SI 3), Shenmai (BL 62).

### CLAUSE 381

Febrile disease caused by Cold: When nausea and abdominal distention are observed, diagnosis should be made on the basis of examining the front and the back (1). Therapy should be directed at facilitating the normal function (2).

## NOTES

1. The front and the back: urine and stool.
2. Nausea in this clause is of an excessive nature. Either dysuria or constipation can be the cause of nausea and abdominal distention.

*Acupuncture Points:* Zhongwan (RN 12), Ganshu (BL 18), Tianshu (ST 25), Zusanli (ST 36), Taibai (SP 3), Fenglong (ST 40), Zhangmen (LR 13), Yinlingquan (SP 9).

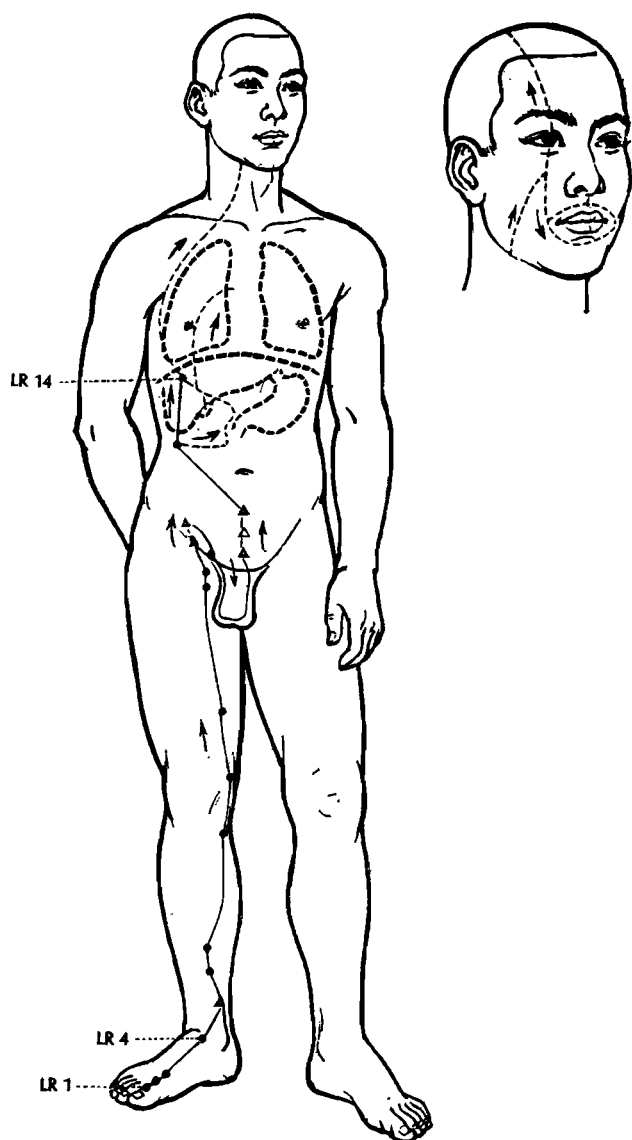


Fig. 6 The Liver Channel of Foot-Jueyin (Greater Yin)

## CHAPTER VII

### DIFFERENTIATION OF THE PULSE, SYMPTOM COMPLEX, AND TREATMENT OF *HUOLUAN* (CHOLERA)

#### CLAUSE 382

*Question:* What is *Huoluan*\*?

*Answer:* A syndrome with symptoms and signs of nausea, vomiting, and diarrhea is called *Huoluan* (1).

#### NOTES

1. According to the definition of ancient times, the main syndrome of *Huoluan* (cholera) is the abrupt onset of acute vomiting and diarrhea. Thus, *Huoluan* as defined in ancient times includes not only acute gastroenteritis, but also all kinds of syndromes caused by the improper intake of food when Cold and Heat, clarity and murkiness (Yang and Yin) intermingle at the Interior, and arousing vomiting and diarrhea. *Huoluan* can be divided into two categories: Humid *Huoluan*, which has vomiting and diarrhea; Dry *Huoluan*, which has the symptoms of restlessness and irritation, abdominal distention, acute pain, and shortness of breath but without vomiting and diarrhea.

\**Huoluan* in Chinese coincides with the term "cholera." *Huoluan* as mentioned here includes not only the syndrome "cholera" in Western medicine, but also other syndromes described in this chapter.

#### CLAUSE 383

*Question:* What disease is it if a syndrome has the following symptoms and signs: fever, headache, chill, general aching, vomiting and diarrhea?

*Answer:* This is *Huoluan*. Its symptoms and signs are vomiting and diarrhea. When diarrhea stops, the fever becomes more acute (1).

#### NOTES

1. "When diarrhea stops" should read "when vomiting and diarrhea stop." In other words, when the Interior syndrome stops, fever (Exterior syndrome) recurs. This clause points out that *Huoluan* has an Interior syndrome as well as Exterior syndrome.

Shen Mingzong: "When (vomiting and) diarrhea stop, fever becomes more

acute'' will be an indication of harmonization of the Interior syndrome and existence of the Exterior syndrome. Therapy should aim at dispersing the Exterior syndrome. Or if there is no Exterior syndrome, but only vomiting and diarrhea, the corresponding therapy should be to harmonize the Interior.

### CLAUSE 384

Febrile disease caused by Cold: A feeble and hesitant pulse would indicate that the patient had suffered *Huoluan* and now the syndrome has transmitted into febrile disease caused by Cold. On the fourth or fifth day, the syndrome should transmit into Yin Channels. Then diarrhea will definitely occur. Diarrhea aggravated the case, as there had been vomiting and diarrhea (when *Huoluan* prevailed). Therefore, it is a difficult case to treat.

When the patient wants to make stool, he can only pass flatus instead of stool. This is an indication of the Greater Yang syndrome with constipation. Thirteen days are needed for recovery, as the syndrome has circulated the Channels (1).

After the diarrhea, constipation should occur. The syndrome is going to heal if there is good intake of food when constipation occurs. Or there might be anorexia, after which the intake of food improves during the next circulation of the Channels (2). Further improvement of food intake takes place during the ensuing circulation of the Channels. The next day, recovery comes (3). Otherwise it would not be a syndrome of the Greater Yang Channel.

### NOTES

1. One circulation of the Channels takes six days. Thus, the thirteenth day will be a new start after two circulations of the Channels.

2. Another six days.

3. The thirteenth day.

Wei Litong: Vomiting and diarrhea may occur either with febrile disease caused by Cold or with *Huoluan*. When vomiting and diarrhea appear in febrile disease caused by Cold, there should also be symptoms of the different Channels. When vomiting and diarrhea appear in *Huoluan*, there should be symptoms at Exterior and Interior, Yin and Yang. Differentiation should be made carefully.

### CLAUSE 385

The patient has diarrhea and chills with a feeble pulse. When diarrhea stops, loss of Blood (1) is the cause. Decoction of *Sini* adding *Radix Ginseng* should be adopted.

## NOTES

1. Loss of Blood: As Blood is of a Yin nature, it can also represent Body Fluid of a Yin nature. Therefore, "loss of Blood" here stands for loss of Body Fluid caused by diarrhea.

Wu Qian's remark: The text should read: "The patient has diarrhea and chills with a feeble pulse. When diarrhea does not come to a stop, loss of Yang is the cause...." Thus, Decoction of *Sini* adding Radix Ginseng is given to tonify the deficient Yang Vital Energy. Otherwise how could Decoction of *Sini*, a decoction with hot and tonifying drugs, be adopted in a case with loss of Blood?

Decoction of *Sini* adding Radix Ginseng  
(*Sini Jia Renshen Tang*):

Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Radix Aconiti (cut into eight pieces)	1 <i>pc.</i>
Rhizoma Zingiberis	1.5 <i>liang</i>
Radix Ginseng	1 <i>liang</i>

Stew the above drugs in three *sheng* of water till one *sheng* and two *ge* are left. Filter the decoction and take it in two doses.

*Explanation of the Prescription:* This is a decoction for restoring the Yang Vital Energy, astringing diarrhea, tonifying Deficiency, and producing Body Fluid. Radix Aconiti warms the Interior. Radix Ginseng and Radix Glycyrrhizae Praeparata tonify the Deficiency and harmonize the Interior. Rhizoma Zingiberis disperses the Coldness.

## CASES

Case 1 (18 p. 355):

Mr. Wang suddenly had cold extremities and diarrhea with undigested cereals, and the pulse was so feeble it was disappearing. The doctor prescribed Decoction of *Tongmai Sini* (see Clause 317), which did not work off the ailment but caused restlessness and irritation to the patient. The treatment was basically correct but drugs of Yang nature were too much. Yin was not sufficient to maintain the balance of Yin and Yang. In the second treatment, dosage of Radix Aconiti and Rhizoma Zingiberis was reduced and Radix Codonopsis Pilosulae was added in the following way:

Rhizoma Zingiberis	6 grams
Radix Aconiti Praeparata	4.5 grams
Radix Glycyrrhizae Praeparata	4.5 grams
Radix Codonopsis Pilosulae	15 grams

After taking three doses of the above decoction, hands and feet became warm and pulse was moderate. In the third treatment, the following prescription was given:

Radix Ginseng	3 grams
Rhizoma Atractylodis Macrocephalae	9 grams



Poria	4.5 grams
Radix Glycyrrhizae Praeparata	3 grams
Radix Aconiti Praeparata	4.5 grams

Case 2 (18 p. 356): Real Cold, false Heat, Case Recorded in *Yu Yi Cao* by Yu Jiayan

Mr. Xu had febrile disease caused by Cold for six or seven days with symptoms and signs of body fever, pink eyes, extreme restlessness. He was thirsty for water but did not drink it when it was brought before him. He lay on the ground and said he wanted to plunge into the well. One doctor said Decoction of Greater *Chenggi* should be given urgently. But when Yu Jiayan came to see the patient he found that the patient's pulse was extremely grand and huge, but became strengthless when it was pressed deeply, which indicated a case of deficient nature. Doctor Yu said this was a case of real Cold with false Heat. When the patient felt thirsty but could not drink any water, it could be inferred that it was not a case of Heat nature. Decoction of *Sini* adding Radix Ginseng could be served to warm the Interior:

Radix Aconiti Praeparata	5 <i>qian</i>
Rhizoma Zingiberis	5 <i>qian</i>
Radix Ginseng	2 <i>qian</i>
Radix Glycyrrhizae	2 <i>qian</i>

The decoction was served cold. Right after taking the decoction, a clenching sound of teeth could be heard and the patient covered himself with a heavy quilt and was reluctant to stretch his hand out when the doctor wanted to feel the pulse as he was feeling cold. All these indicated the feeble state of Yang. After the dose was served, the patient had a slight sweat and body fever subsided.

### CLAUSE 386

*Wuling Powder* (1) suits *Huoluan* with overwhelming Heat symptoms such as headache, pain over body, fever, and thirst. *Lizhong Pills* can be adopted for *Huoluan* with overwhelming Cold symptoms and no thirst.

#### NOTES

1. See Clause 71.

*Lizhong Pills*  
(*Lizhong Wan*):

Radix Ginseng	3 <i>liang</i>
Rhizoma Zingiberis	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	3 <i>liang</i>
Rhizoma Atractylodis Macrocephalae	3 <i>liang</i>

Pound the above drugs into a powder and make pills with honey as large egg yolks. Melt one pill in several *ge* of boiling water for a dose and take three or four doses during the day and two doses at night. If there is not a feeling of Heat in the abdomen after taking the pill, the dosage can be increased to three or four pills. But it is nevertheless not as efficacious as the decoction.

Decoction of *Lizhong*  
(*Lizhong Tang*):

Prescription: Same as the pills.

Make-up: Stew the above drugs in eight *sheng* of water till three *sheng* are left. Filter the decoction and take three doses a day of one *sheng* each dose.

Additions and subtractions of the prescription:

1) With a feeling of spasms around the navel caused by abnormal movement of the Kidney Vital Energy: Take away Rhizoma Atractylodis Macrocephalae, and add four *liang* of Ramulus Cinnamomi.

2) With repeated nausea and vomiting: Take away Rhizoma Atractylodis Macrocephalae, and add three *liang* of Rhizoma Zingiberis Recens.

3) With profuse diarrhea, Rhizoma Atractylodis Macrocephalae still should be used.

4) With palpitation, add two *liang* of Poria.

5) With thirst, increase Rhizoma Atractylodis Macrocephalae to 4.5 *liang*.

6) With abdominal pain, increase Radix Ginseng to 4.5 *liang*.

7) With a prevalence of symptoms of a Cold nature, increase Rhizoma Zingiberis to 4.5 *liang*.

8) With abdominal distention, take away Rhizoma Atractylodis Macrocephalae, and add one piece of Radix Aconiti Praeparata.

After taking the decoction for a while, take one *sheng* of hot porridge. Do not remove the quilt or clothes when the patient feels warm.

*Explanation of the Prescription:* This is a principal prescription for treating the Initial Yin syndrome. Radix Ginseng and Radix Glycyrrhizae Praeparata tonify the Interior and the Vital Energy. Rhizoma Atractylodis Macrocephalae eliminates Humidity and strengthens Spleen function. Rhizoma Zingiberis warms the Interior and disperses the Cold. This prescription can be made either in pills or in decoction according to different uses for acute or chronic cases.

## CASES

Case 1 (22 p. 165): Vomiting and Diarrhea

Mr. Lin, 60, had plenty of cold and raw food in summer, which caused repeated vomiting and diarrhea, with cold extremities and profuse perspiration on the head, dark face and pale lips and sunken eyes. Food was vomited out. Diarrhea was watery with intestinal booming sound. Contractures occurred in both legs. Pulse was extremely feeble and slender. This was a case of Cold nature and should be treated by adoption of Decoction of *Lizhong*, as follows:

Radix Codonopsis Pilosulae	15 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Rhizoma Zingiberis	9 grams
Radix Glycyrrhizae Praeparata	3 grams
Radix Aconiti Praeparata	9 grams
Cortex Cinnamomi	3 grams
Rhizoma Pinelliae	9 grams
Terra Flava Usta	30 grams

Three doses worked off the ailment.

Case 2 (22 p. 166): Dysentery

Mr. Wang, 51, had abdominal pain at first and then defecated thin and white mucus. He was feeling cold and wanted to drink hot drinks. Pressure on the abdomen made him feel better. Tongue was fat and tender, covered with white coating. Pulse was deep and slow. Decoction of *Lizhong* was given:

Radix Codonopsis Pilosulae	9 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Rhizoma Zingiberis	6 grams
Radix Glycyrrhizae	4.5 grams
Radix Aucklandiae	9 grams
Semen Myristicae	6 grams

After taking the first dose, the syndrome was reduced greatly. After the second dose diarrhea stopped. Another two doses were given for a full recovery.

Case 3 (22 p. 167): Spitting Blood and Hematochezia

Cui had suffered from spitting blood and hematochezia at the same time. Tongue was pale and white. Pulse was empty and strengthless. Since both the upper and lower portions were damaged, the middle portion should be treated by adoption of Decoction of *Lizhong*:

Radix Codonopsis Pilosulae	4.5 grams
Rhizoma Atractylodis Macrocephalae	4.5 grams
Poria	9 grams
Rhizoma Zingiberis Praeparata	2.4 grams
Pericarpium Citri Reticulatae	3 grams
Radix Glycyrrhizae Praeparata	1.2 grams
Radix Salviae Miltiorrhizae	6 grams
Radix Achyranthis Bidentatae	6 grams
Radix Angelicae Sinensis	6 grams
Nodus Nelumbinis Rhizomatis (charred)	2 pcs.
Terra Flava Usta	30 grams

After taking two doses the syndrome subsided greatly, but the patient had no appetite.

In the second treatment, the same prescription with addition of 2.4 grams of Fructus Amomi and 12 grams of Fructus Setariae Germinatus Praeparata was given.

Case 4 (22 p. 168): Constipation

Female patient, 43, had been constipated for about a month. In the last five days there had been no stool at all. Face was pale and yellow. Lips were pale and she liked to drink hot water. She also had aversion to cold, with clear and ample urination. Tongue was covered with white and moist coating. Pulse was deep and slender. Decoction of *Lizhong* was the cure:

Radix Ginseng	12 grams
Rhizoma Atractylodis Macrocephalae	9 grams
Radix Glycyrrhizae Praeparata	6 grams
Rhizoma Zingiberis (charred)	4.5 grams

Two doses were taken, which brought about a normal stool. Another three doses were given before a full recovery occurred.

### CLAUSE 387

When vomiting and diarrhea stop, continuous pain over body appears. The Exterior syndrome should be harmonized accordingly. Decoction of Ramulus Cinnamomi in a small dose can be adopted as remedy of harmonization (1).

#### NOTES

1. "When vomiting and diarrhea stop": state of Interior harmonization. "Continuous pain over the body": existence of the Exterior syndrome. Decoction of Ramulus Cinnamomi is used to harmonize the Vital Resistance with Nutrient Essence and disperse the Exterior syndrome.

### CLAUSE 388

Decoction of *Sini* suits a syndrome with the following symptoms and signs: nausea and vomiting, diarrhea, fever and chill, perspiration, spasms, and coldness on hands and feet (1).

#### NOTES

1. This clause discusses the syndrome with dispersion of the Yang Vital Energy and exhaustion of the Body Fluid caused by vomiting, diarrhea, and perspiration.

Fang Youzhi: Nausea and vomiting, diarrhea, spasms, and coldness on the hands and feet are symptoms showing the prevalence of the Interior Yin. Fever, chill, and pers-

piration are indications of Exterior deficient Yang Vital Energy. Decoction of *Sini* is adopted to rescue both the Interior and Exterior.

### CLAUSE 389

Decoction of *Sini* suits the syndrome with the following symptoms and signs: nausea, vomiting, and diarrhea. Then urination returns to normal, with profuse perspiration and diarrhea with undigested cereals. There are also other symptoms of Interior Cold and Exterior Heat with a barely sensible pulse (1).

#### NOTES

1. This is called "resistance against Yang syndrome" (*Ge Yang Zheng*) with real Interior Cold and false Exterior Heat. See Clauses 217, 225, and 370 for reference.

### CLAUSE 390

Decoction of *Tongmai Sini* (1) adding Pig Bile suits the syndrome with the following symptoms and signs: When vomiting and diarrhea stop (2), there will be perspiration, coldness and spasms in the extremities with a barely sensible pulse.

#### NOTES

1. See Clause 317 for the prescription of Decoction of *Tongmai Sini*.

2. "When vomiting and diarrhea stop": This does not mean a selfhealing. When Body Fluid is completely exhausted, there will be nothing left to vomit or to diarrhea. Thus the vomiting and diarrhea stop spontaneously.

Decoction of *Tongmai Sini* adding Pig Bile  
(*Tongmai Sini Jia Zhudan Tang*):

Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Rhizoma Zingiberis	3 <i>liang</i> *
Radix Aconiti (cut into 8 pieces)	1 pc.
Pig Bile	0.5 <i>ge</i>

\*Or 4 *liang* for a person of sturdy build.

Stew the above drugs in three *sheng* of water till one *sheng* and two *ge* are left. Filter the decoction and add pig bile. Take it in two doses. Then the pulse will resume. If there is no pig bile, sheep bile can be used as a substitute.

*Explanation of the Prescription:* This is a curative for the syndrome characterized by dispersion of Yang and exhaustion of Yin. It has the function of restoring Yang and

tonifying Yin. Decoction of *Tongmai Sini* restores the Yang and rescues the adversity. Pig bile is used to harmonize Yin and Yang.

## CASES

### Case 1 (22 p. 198): Vomiting and Diarrhea

Zhou, 20, had profuse vomiting and diarrhea, followed by profuse perspiration, coldness on extremities and contractures and nausea. Face was pallid with sunken eyes, faint breath and emaciation. Pulse was very feeble. All these served as indications of an adverse case, which should be urgently treated by adoption of Decoction of *Tongmai Sini* adding Pig Bile:

Radix Aconiti Praeparata	30 grams
Rhizoma Zingiberis	150 grams
Radix Glycyrrhizae Praeparata	18 grams

While the decoction was being stewed the patient was fed with pig bile, which suppressed the nausea. The decoction was then given in small dosages, but served repeatedly. That evening, the patient's extremities became warm and perspiration stopped, but the patient was still in danger. The second treatment was:

Radix Aconiti Praeparata	60 grams
Rhizoma Zingiberis	45 grams
Radix Glycyrrhizae Praeparata	18 grams
Radix Ginseng from Korea	9 grams

The next day, the patient's relative came to the doctor reporting that the previous night, after taking the decoction, the patient groaned and tossed and turned in bed. He was thirsty for water. It seemed that the dosage of Radix Aconiti Praeparata and Rhizoma Zingiberis was too much for the patient so in the next prescription, 15 grams of Poria was added. Massage was also practiced to relieve pain in the body. After another two doses of the above decoction, restlessness disappeared. Still another two doses were given, which enabled the patient to walk by himself! Further treatment was given to help the patient recover.

## CLAUSE 391

After vomiting, diarrhea, and perspiration have come to a stop, the pulse returns normal. But there will be a slight restlessness. This is because the Stomach has just restored its function and is still deficient in keeping a normal digestion (1).

## NOTES

1. Therapy for the case may refer to that under Clause 398.

## CHAPTER VIII

### DIFFERENTIATION OF THE PULSE, SYMPTOM COMPLEX, AND TREATMENT OF THE RECURRENCE OF DISEASE AND THE *YIN YANG YI* SYNDROME

#### CLAUSE 392

Febrile disease caused by Cold with *Yin Yang Yi* syndrome (1) will have the following symptoms and signs: a feeling of heaviness in movement, shortness of breath (2), spasms and an uncomfortable feeling either in the abdomen or even stretching into the genitals, a feeling of heat ascending to the chest, heaviness in the head, a reluctance to lift the head, vertigo, and spasms in the knees and tibia. *Shaokun* Powder (3) will be a curative.

#### NOTES

1. “*Yin Yang Yi* syndrome”: Right after the recovery from febrile disease caused by Cold, the *Yin Yang Yi* syndrome will take place when the patient indulges in too much sexual activity. All the symptoms and signs of this syndrome will show excessive Fire (Heat) in Yin and deficient nature and insufficiency of pure Yang Vital Energy.

2. “Shortness of breath”: Shortness of breath when speaking, a reluctance to speak, a weak pulse, and a general malaise. This is a reflection of the insufficiency of Interior Vital Energy and Deficiency of the Lung and Kidney Vital Energy.

3. *Shaokun* Powder (*Shaokun San*): *Shao* — burn, *kun* — pants. See prescription below.

*Shaokun* Powder  
(*Shaokun San*):

Burn a piece of cloth taken from a woman's underpants to ash (for a male patient). Blend one *fangcunbi* (one gram) of ash with water as a dose; after taking three doses a day there will be normal urination and a little swelling over the penis, which is an indication of recovery. If the patient is a woman, burn a piece of cloth taken from a man's underpants.\*

\*Scholars in ancient times suggested different decoctions to be combined with *Shaokun* Powder. According to a Ming Dynasty prescription by Wang Kentang, Decoction of Radix Ginseng can be used. Thus, it is understood that the effectiveness of *Shaokun* Powder is due

to the substance with which it is combined rather than the powder itself. *Shaokun* Powder has not been used in clinical practice in recent times.

### CLAUSE 393

After the recovery from a serious case, if there is a recurrence caused by over-exertion, Decoction of Fructus Aurantii Immaturus, Fructus Gardeniae, and Semen Sojae Praeparatum can be adopted as curatives (1).

#### NOTES

1. There should also be the symptoms and signs of light fever, restlessness caused by a deficient syndrome, abdominal distention, etc.

Decoction of Fructus Aurantii Immaturus, Fructus Gardeniae  
and Semen Sojae Praeparatum  
(*Zhishi Zhizi Chi Tang*):

Fructus Aurantii Immaturus	3 pcs.
Fructus Gardeniae	14 pcs.
Semen Sojae Praeparatum (wrapped with silk)	1 <i>sheng</i>

Stew seven *sheng* of *Qingjiang* water\* till four *sheng* are left. Then put Fructus Aurantii Immaturus and Fructus Gardeniae into it and stew it till two *sheng* are left. Put Semen Sojae Praeparatum into the decoction and boil it again for a while. Filter the decoction and take it in two doses. Cover the patient with quilt for a light sweat. When the patient has indigestion, add five to six pieces of Radix et Rhizoma Rhei as big as chess pieces.

\**Qingjiang* water: Water in which rice has been soaked for some time.

*Explanation of the Prescription:* Fructus Gardeniae and Semen Sojae Praeparatum eliminate the remaining Heat among diaphragm. Fructus Aurantii Immaturus facilitates the normal function of the Vital Energy. *Qingjiang* water tonifies the Stomach Vital Energy. Thus, this decoction can be adopted for the symptoms of light fever, restlessness and irritation, and a thin, white and yellowish tongue coating. When Radix et Rhizoma Rhei is added, the symptoms and signs of constipation, abdominal pain that is aggravated by compression, a mighty and speedy pulse, and a thick yellowish tongue coating must be present.

### CLAUSE 394

After the patient recovers from febrile disease caused by Cold, Decoction of Lesser Radix Bupleuri can be adopted when the patient has a fever. Diaphoresis can be used in a case with a floating pulse. A



purgative will be the curative in cases with a deep and excessive pulse (1).

#### NOTES

1. "A deep and excessive pulse," or "a deep and tense pulse" according to another edition.

### CLAUSE 395

After the recovery of a serious case, if edema is observed below the waist, Concha Ostreae and Rhizoma Alismatis Powder can be adopted to eliminate the syndrome (1).

#### NOTES

1. After the recovery of a serious case, the abnormal state of vaporization at the Lower Portion of the Body Cavity hampers the normal drainage of Humidity and Heat from the Urinary Bladder. Thus, edema is caused from waist to toes. As Water stagnancy (edema) has not invaded the Middle and Upper Portions of the Body Cavity, the Interior Vital Energy is of a deficient nature. Thus, it is a case of an excessive nature. That is why the acute remedy of Waterelimination as described below can be adopted. The symptoms and signs of dysuria and constipation with a mighty deep and speedy pulse should also be present.

Concha Ostreae and Rhizoma Alismatis Powder  
(*Muli Zexie San*):

Concha Ostreae  
Rhizoma Alismatis  
Ramulus et Folium Dichroae  
Semen Lepidii seu Descurainiae  
Radix Phytolaccae  
Sargassum  
Radix Trichosanthis

Pound the above drugs separately in equal dose into a powder and mix them together. Blend with rice soup and take one *fanganbi* (one gram) each dose. Take three doses a day. When urination returns to normal, stop taking the rest of the doses.

*Explanation of the Prescription:* Concha Ostreae, salty in taste, functions on the Kidney. When it is used together with a water-expellent like Rhizoma Alismatis and Radix Phytolaccae, it has the function of leading the pathogenetic factors out with the urine. Ramulus et Folium Dichroae expels Water and eliminates sputum. Semen Lepidii seu Descurainiae dredges the Vital Energy and reduces edema. Radix Trichosanthis quenches the thirst and stimulates circulation of Body Fluid. Thus, this prescription acts as an acute water-expellent.

**CASES****Case 1 (25 p. 552): Ascites Due to Liver Cirrhosis**

Female patient in her thirties. Liver trouble was discovered two years ago. In the recent half year, the patient had abdominal distention and a poor appetite. The quantity of urine was decreasing. In the last three months her abdomen began to grow. She received the diagnosis of ascites due to liver cirrhosis in a hospital. After repeated treatment, the disease was no better, so the patient went to see a TCM doctor. Diagnosis: dark and pallid complexion, sclera was slightly yellow, abdominal distention and fullness, movable dull resonance and light edema on lower extremities. Tongue coating was thin and white. Pulse was deep and strengthless. Concha Ostreae and Rhizoma Alismatis Powder was given in the following way:

Concha Ostreae	24 grams
Radix Trichosanthis	10 grams
Semen Lepidii seu Descurainiae	3 grams
Herba Artemisiae Scopariae	12 grams
Radix Phytolaccae	4.5 grams
Semen Malvae Verticillatae	10 grams
Poria	12 grams
Rhizoma Alismatis	10 grams
Caulis Akebiae	4.5 grams

After taking four doses of the above decoction, quantity of urine increased markedly and abdominal distention decreased. Appetite improved. After nine doses ascites almost disappeared. Another ten doses were given to disperse the edema in both legs.

**CLAUSE 396**

After the recovery of a serious case, the patient cannot help spitting repeatedly. This is an indication of pathogenetic Cold in the chest (1). Pills with warmquality drugs should be adopted in such a case. *Lizhong* Pills are the remedy (2).

**NOTES**

1. "In the chest": In another edition, it is "in the Stomach," as spitting is caused by Cold and Deficiency in the Spleen and Stomach.

2. When Cold and deficient Spleen and Stomach Vital Energy loses its normal function of circulating Water-fluid, the Body Fluid will ascend, causing repeated spitting with saliva. There should also be symptoms and signs of no thirst, clear urine, and a deep-slender pulse.

**CLAUSE 397**

After dispersion of febrile disease caused by Cold, the patient suf

fers from weakness, Deficiency, shortness of breath, and nausea caused by the adverse ascending air. In such a case, Decoction of Folium Bambusae and Gypsum Fibrosum can be adopted.

Decoction of Folium Bambusae\* and Gypsum Fibrosum  
(*Zhuo Shigao Tang*):

Folium Bambusae	2 bundles
Gypsum Fibrosum	1 <i>jīn</i>
Rhizoma Pinelliae	0.5 <i>sheng</i>
Radix Ophiopogonis	1 <i>sheng</i>
Radix Ginseng	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Semen Oryzae Nonglutinosae	0.5 <i>sheng</i>

Stew the above drugs in one *dou* of water till six *sheng* are left. Filter the decoction and put Semen Oryzae Nonglutinosae into it. Stew it till Semen Oryzae Nonglutinosae is well cooked. Filter the decoction and take one *sheng* each dose, three doses a day.

\*Or Herba Lophatheri. The original text is *Zhuo* meaning bamboo leaves.

*Explanation of the Prescription:* This decoction is made up of Decoction of *Baihu* subtracting Rhizoma Anemarrhenae adding Radix Ophiopogonis, Radix Ginseng, Rhizoma Pinelliae, and Folium Bambusae, thus turning a decoction of great coldness into a decoction which simultaneously eliminates Heat and tonifies Deficiency. Folium Bambusae eliminates restlessness and Heat. Gypsum Fibrosum eliminates the Stomach Heat. Rhizoma Pinelliae eases the Stomach and stops the vomiting. Radix Ginseng is used to tonify the Deficiency and weakness after recovery from a serious case. Radix Ophiopogonis tonifies the Body Fluid in the Stomach. Radix Glycyrrhizae harmonizes the Interior and Semen Oryzae Nonglutinosae tonifies the Stomach Vital Energy. So this decoction has the function of tonifying Deficiency, harmonizing the Interior, producing Body Fluid, and eliminating Heat of a deficient nature.

## CASES

Case 1 (18 p. 254):

Female patient, 56, had been suffering from diabetes for many years, and in recent days she began to feel fatigued and depressed, with thirst and ample urination. Pulse was slender and speedy. Tongue was red and dry. This was a case caused by the excessive Interior Heat that had consumed the Body Fluid and Vital Energy. Excessive Heat in the Stomach should be cleared and Yin should be tonified. Decoction of Folium Bambusae and Gypsum Fibrosum could be adopted:

Folium Bambusae	12 grams
Gypsum Fibrosum	30 grams
Radix Ophiopogonis	12 grams

Rhizoma Pinelliae	6 grams
Radix Glycyrrhizae	3 grams
Radix Glehniae	12 grams
Radix Trichosanthis	12 grams
Rhizoma Dioscoreae	18 grams
Semen Oryzae Nonglutinosae	1 bunch

After taking three doses of the above decoction, thirst was reduced greatly. Another three doses were given in the second treatment.

#### Case 2 (32 p. 376):

Boy, three years old, first treatment on July 24, 1965. Recently the boy had had fevers, which were aggravated in the afternoon. He had a great thirst and did not like to eat. Stool was loose and watery; urine was ample; temperature was 39.7 °C; abdomen was soft. Extremities were not warm enough. Lips and tongue were dark red. Tongue coating was greasy and yellow. Pulse was soft and speedy. Diagnosis: Infantile summer heat. Prescription was as follows:

Gypsum Fibrosum	15 grams
Radix Codonopsis Pilosulae	6 grams
Radix Ophiopogonis	6 grams
Rhizoma Pinelliae	3 grams
Radix Glycyrrhizae	2.4 grams
Semen Oryzae Nonglutinosae (wrapped in lotus leaves)	9 grams
Fructus Hordei Germinatus	9 grams
Medicated leaven	9 grams
Folium Bambusae	12 pieces

Second treatment on July 25. Temperature dropped to 38.3 °C. Thirst was reduced and sleep improved. Two doses of the above prescription subtracting Rhizoma Pinelliae were given.

Third treatment on July 28. Temperature continued to drop to 37.8 °C. All the other symptoms were subsiding. Six grams of Endothelium Corneum Gigeriae Galli were added to the original prescription to stimulate the appetite.

Fourth treatment on July 30. Temperature was 37.3 °C. Further treatment was given to help the patient recover fully.

#### Case 3 (32 p. 376): Chronic Fever

Ms. Xiao, 32, had been suffering from chronic low fever for more than three months, with temperature ranging from 37.6 °C to 37.9 °C. Three months ago, when the patient had a cold and a fever of 39-40.5 °C, both Chinese and Western medicine were adopted. The temperature dropped to 37.6-37.9 °C and remained so. Other symptoms included: uneasy feeling in chest and ribs, burning sensation in the chest and palms of hands and feet, ample perspiration, restlessness and irritation, thin and yellow coating on purple tongue, tight-slender-speedy pulse. A combina-

tion of Decoction of Lesser Radix Bupleuri and Decoction of Folium Bambusae and Gypsum Fibrosum was prescribed. Seven doses were given. The temperature dropped to normal and the other symptoms disappeared.

### CLAUSE 398

When the pulse returns to normal, the patient still feels slightly restless at dusk. This is caused by too much intake of food right after the recovery of a serious case. The deficient Stomach Vital Energy cannot digest so much cereals (food) and restlessness ensues. Feeding the patient with limited diet will be a good remedy (1).

### NOTES

1. Right after recovery from a serious case, the deficient and weak Stomach cannot digest the food very well. Therefore, to serve the patient with a limited diet will provide a good opportunity for the recovery of the Stomach and Spleen Vital Energy.

## APPENDIX I

### HERBS AND DRUGS USED IN THIS BOOK, FULL LATIN NAMES AND EFFICACY

*Remark:* The drugs listed in this book are accompanied by directions such as "chop," "break open," or "break into small pieces," and different preparations of the herbs. Most of these are not recorded in this book. When the prescriptions are to be adopted, please see the original Chinese text to ascertain all points concerning the use of these drugs. Drugs used in the CASES are not included in the list.

#### Diaphoretics or Drugs for the Treatment of Exterior Syndromes

*Herba Ephedrae*\*

Ephedra\*\*

Mahuang\*\*\* 麻黄

The drug consists of the dried herbaceous twigs of *Ephedra sinica* Stapf, *Ephedra equisetina* Bunge or *Ephedra intermedia* Schrenk et Meyer (family Ephedraceae).

Efficacy: Disperses Exterior syndrome by producing perspiration, dredges through Vital Energy in Lung and eases asthma, eliminates Water stagnancy.

*Ramulus Cinnamomi*

Cinammon Twigs, Cassia Twigs

Guizhi 桂枝

The drug consists of the twigs of *Cinnamomum cassia* Blume (family Lauraceae).

Efficacy: Disperses Exterior syndrome by producing perspiration, warms the Channels and dredges through the Yang Vital Energy.

\*Latin name used in the book.

\*\*English name.

\*\*\*Chinese name (Chinese romanization).

*Rhizoma Zingiberis Recens*

Fresh Ginger

Shengjiang 生姜

The drug consists of the fresh rhizome of *Zingiber officinale* (Willd.) Rosc. (family Zingiberaceae).

Efficacy: Disperses Exterior syndrome by producing perspiration, warms Lung to stop coughing, warms the Interior to stop nausea.

*Herba Asari*

Asarum Herb, Wild Ginger

Xixin 细辛

The drug, consists of the dried entire plant of *Asarum heterotropoides* var. *manschuricum* (Maxim.) Kitagawa and *Asarum sieboldii* Miq. (family Aristolochiaceae).

Efficacy: Disperses Cold and Exterior syndrome, eliminates Wind to ease pain, warms Lung to eliminate sputum.

*Radix Bupleuri*

Bupleurum Root, Thorowax Root

Chaihu 柴胡

The drug consists of the dried root of *Bupleurum chinense* DC. or *Bupleurum scorzonrifolium* Willd. (family Umbelliferae).

Efficacy: Eases Heat from Exterior, dredges through Liver Vital Energy, raise Yang Vital Energy.

*Radix Puerariae*

Pueraria Root, Kudzuvine Root

Gegen 葛根

The drug consists of the dried root of *Pueraria lobata* (Willd.) Ohwi or *Pueraria thomsanii* Benth. (family Leguminosae).

Efficacy: Disperses Exterior syndrome from muscle, eliminates Heat and produces Body Fluid.

*Rhizoma Cimicifugae*

Cimicifuga Rhizome, Bugbane Rhizome

Shengma 升麻

The drug consists of the dried rhizome of *Largentrileaf* Bugbane,

*Cimicifuga heracleifolia* Kom., Dahurian Bugbane, *Cimicifuga dahurica* (Turcz.) Maxim. or Fetid Bugbane, *Cimicifuga foetida* L. (family Ranunculaceae).

Efficacy: Disperses Exterior syndrome, eliminates Heat, raise Yang Vital Energy, antidote.

*Semen Sojae Praeparatum*

Prepared Soybean

Dandouchi 淡豆豉

The drug consists of the prepared seed of *Glycine max* (L.) Merr. (family Leguminosae).

Efficacy: Disperses Exterior syndrome, reduces restlessness.

*Ramulus et Folium Dichroae*

Shuqi 蜀漆

The drug used in this book consists of dried twigs and leaves of *Dichroa febrifuga* Lour. (family Saxifragaceae).

Efficacy: Stops malaria, emetic for sputum and saliva.

*Rhizoma Allii Fistulosi*

White Stalk of Allium Fistulosum, White of Chinese Onion

Congbai 葱白

Efficacy: Stimulates perspiration and disperses Exterior syndrome, disperses Cold and dredges through Yang Vital Energy.

## Antitussives, Expectorants and Anti-asthmatics

*Rhizoma Pinelliae*

Pinellia Tuber

Banxia 半夏

The drug consists of the dried tuber of *Pinellia ternata* (Thunb.) Breit. (family Araceae).

Efficacy: Dries the Humidity, eliminates sputum, lowers the adversity, stops nausea, eliminates stagnancy.

*Flos Inulae*

Inula Flower



**Xuanfuhua 旋覆花**

The drug consists of the dried flower head of Japanese Inula, *Inula japonica* Thunb. (family Compositae).

Efficacy: Brings down adversity to stop nausea, eliminates sputum and stimulates Water circulation.

**Radix Platycodi**

Platycodon Root, Balloonflower Root

Jiegeng 桔梗

The drug consists of the dried roots of Balloonflower, *Platycodon grandiflorum* (Jacq.) A.DC. (family Campanulaceae).

Efficacy: Dredges through Lung Vital Energy and eliminates sputum.

**Fructus Trichosanthis**

Trichosanthes Fruit, Snakegourd Fruit

Gualou 瓜蒌, 栝蒌

The drug consists of the dried fruit of *Trichosanthes kirilowii* Maxim. or *Trichosanthes uniflora* Hao (family Cucurbitaceae).

Efficacy: Eliminates sputum, dredges through Vital Energy.

**Radix Trichosanthis**

Trichosanthes Root, Snakegourd Root

Tianhua fen 天花粉

The drug consists of the dried root of *Mongolian* Snakegourd, *Trichosanthes kirilowii* Maxim. or Japanese Snakegourd, *Trichosanthes japonica* Regel (family Cucurbitaceae).

Efficacy: Eliminates Heat, produces Body Fluid, disperses edema and swelling.

**Sargassum**

Sargassum, Seaweed

Haizao 海藻

The drug consists of the dried seaweed of *Sargassum pallidum* (Turn.) G.Ag. or *Sargassum fusiforme* (Harv.) Setch. (family Sargassaceae).

Efficacy: Eliminates sputum, softens stasis, stimulates Water circulation.

*Semen Armeniacae Amarum*

Bitter Apricot Kernel, Bitter Apricot Seed

Kuxingren 苦杏仁 or Xingren 杏仁

The drug consists of the bitter seed of Ansu Apricot, *Prunus armeniaca* L. var. *ansu* Maxim., Siberian Apricot, *Prunus sibirica* L., Manchurian Apricot, *Prunus mandshurica* (Maxim.) Koehne or Apricot, *Prunus armeniaca* L. (family Rosaceae).

Efficacy: Eases cough and asthma, moistens constipation.

*Bulbus Fritillariae Thunbergii* (or *Bulbus Fritillariae Cirrhosae*)

Thunberg Fritillary Bulb

Beimu 贝母

The drug consists of the dried bulb of Thunberg Fritillary, *Fritillaria thunbergii* Miq. (family Liliaceae) or the dried bulb of Tendril-leaf Fritillary, *Fritillaria cirrhosa* D. Don, *Fritillaria unibracteata* Hsiao et K. C. Hsia, *Fritillaria przewalskii* Maxim. or *Fritillaria delavayi* Franch. (family Liliaceae).

Efficacy: Eliminates Heat, disperses stagnancy, eliminates sputum and eases cough.

*Semen Lepidii seu Descurainiae*

Lepidium Seed or Descurainia Seed

Tinglizi 葶苈子

The drug consists of the seeds of *Lepidium apetalum* Willd. or *Descurainia sophia* (L.) Webb et Prantl (family Cruciferae).

Efficacy: Eliminates Lung Vital Energy to ease asthma, stimulates Water circulation to disperse edema.

## Antipyretics or Febrifuges, Drugs for Clearing up Internal Heat

*Gypsum Fibrosum*

Gypsum

Shigao 石膏

The drug consists of a soft mineral composed of hydrated calcium sulphate.

Efficacy: Eliminates Heat and disperses Fire, quenches thirst and eases restlessness.

*Rhizoma Anemarrhenae*

Anemarrhena Rhizome

Zhimu 知母

The drug consists of the dried rhizomes of *Anemarrhena asphodeloides* Bge. (family Liliaceae).

Efficacy: Eliminates Heat and Fire, moistens dryness, tonifies Yin.

*Folium Bambusae*

Lophatherum

Danzhuye 淡竹叶

A. The drug consists of the dried aerial parts of *Lophatherum gracile* Brongn. (family) or B. the dried leaves of *Phyllostachys nigra* (Lodd.) Munro var. *henonis* (Mitf.) Stapf ex Rendle, or Zhuye 竹叶.

Efficacy: Eliminates Heat and restlessness, facilitates urination.

*Radix Rehmanniae*

Rehmannia Root

Shengdi 生地

The drug consists of the dried tuberous root of *Rehmannia glutinosa* Libosch (family Scrophulariaceae).

Efficacy: Eliminates Heat of blood, tonifies Yin and produces Body Fluid.

*Radix Scutellariae*

Scutellaria Root, Baikal Skullcap Root

Huangqin 黄芩

The drug consists of the dried roots of Baikal Skullcap, *Scutellaria baicalensis* Georgi (family Labiatae).

Efficacy: Eliminates Heat, dries Humidity, stops hemorrhage, antidote.

*Rhizoma Coptidis*

Coptis Root

Huanglian 黄连

The drug consists of the dried rhizomes of Chinese Goldthread, *Coptis chinensis* Franch., *Coptis deltoidea* C.Y. Cheng et Hsiao or *Coptis teetoides* C.Y. Cheng (family Ranunculaceae).

Efficacy: Eliminates Heat and dries Humidity, antidote, eliminates Fire.

*Cortex Phellodendri*

Phellodendron Bark

Huangbai 黄柏

The drug consists of the dried barks of Chinese Corktree, *Phellodendron chinense* Schneid. or Amur Corktree, *Phellodendron amurense* Rupr. (family Rutaceae).

Efficacy: Eliminates Humidity-Heat and Fire, antidote.

*Cortex Fraxini*

Ash Bark

Qinpi 秦皮

The drug consists of the dried bark of Korean Ash, *Fraxinus rhynchophylla* Hance, Chinese Ash, *Fraxinus chinensis* Roxb. or *Fraxinus stylosa* Lingelsh. (family Oleaceae).

Efficacy: Eliminates Heat, antidote.

*Radix Pulsatillae*

Pulsatilla Root

Baitouweng 白头翁

The drug consists of the dried root of *Pulsatilla chinensis* (Bge.) Regel (family Ranunculaceae).

Efficacy: Eliminates Heat of Blood, stops diarrhea, antidote.

*Herba Artemisiae Scopariae*

Oriental Wormwood

Yinchen 茵陈

The drug consists of the dried young shoots of *Artemisia scoparia* Waldst. et Kit. or *Artemisia capillaris* Thunb. (family Compositae).

Efficacy: Eliminates Humidity and Heat, main herb dealing with Jaundice (Yellowishness).

*Fructus Gardeniae*

Capejasmine Fruit

Zhizi 梔子

The drug consists of the dried fruits of Capejasmine, *Gardenia jasminoides* Ellis var. *radicans* (Thunb.) Makino (family Rubiaceae).

Efficacy: Eliminates Heat and restlessness, drains Humidity, cools Blood, antidote.

*Radix Forsythiae*

Forsythia Root

Lianzhao 连翘

The drug consists of the dried roots of Weeping Forsythia, *Forsythia suspensa* (Thunb.) Vahl (family Oleaceae).

Efficacy: Eliminates Heat, antidote.

## Antirheumatics or Drugs for Relieving Rheumatic Conditions

*Radix Stephaniae Tetrandrae*

Tetrandra Root

Fangji 防己

The drug consists of the dried tuberous root of *Stephania tetrandra* S. Moore (family Menispermaceae).

Efficacy: Eliminates Wind and Humidity, antirheumatic, eliminates edema.

## Drugs for Dispelling Internal Cold

*Radix Aconiti Praeparata*

Prepared Aconite Root

Fuzi 附子

The drug consists of the prepared root of *Aconitum carmichaeli* Debx. (family Ranunculaceae).

Efficacy: Restores Yang and rescues adversity; warms Kidney and tonifies Yang Vital Energy, warms the Cold and eases pain.

*Rhizoma Zingiberis*

Dried Ginger

Ganjiang 干姜

The drug consists of the dried rhizome of Common ginger, *Zingiber Officinale* (Willd.) Rosc. (family Zingiberaceae).

Efficacy: Warms the Interior and eliminates Water-fluid, restores Yang Vital Energy.

*Pericarpium Zanthoxyli*

Prickly-ash Peel

Chuanjiao 川椒 (蜀椒)

The drug consists of the dried pericarp of Chinese Prickly-ash, *Zanthoxylum schinifolium* Sieb. et Zucc. or Bunge's Prickly-ash, *Zanthoxylum bungeanum* Maxim. (family Rutaceae).

Efficacy: Warms Interior, eases pain.

*Fructus Evodiae*

Evodia Fruit

Wuzhuyu 吴茱萸

The drug consists of the dried fruit of *Evodia rutaecarpa* (Juss.) Benth. var. *officinalis* (Dode) Huang or *Evodia rutaecarpa* (Juss.) Benth. var. *bodinieri* (Dode) Huang (family Rutaceae).

Efficacy: Warms the Interior to ease pain, brings down adversity to stop nausea.

*Folium Artemisiae Argyi*

Argyi Leaf, Chinese Mugwort Leaf

Aiye 艾叶

The drug consists of the dried leaves of *Artemisia argyi* Levl. et Vant. (family Compositae).

Efficacy: Warms the Channels, disperses Cold, eases pain and asthma, eliminates sputum.

**Diuretics and Hydrogogues***Poria*

Fu-ling, Poria, Tuckahoe

**Fuling 茯苓**

The drug consists of the dried sclerotium of the fungus, *Poria cocos* (Schw.) Wolf (family Polyporaceae).

Efficacy: Drains Water and Humidity, tonifies Spleen and Interior, eases mind and spirit.

***Polyporus Umbellatus***

**Zhuling**, Umbellate Pore-fungus

**Zhuling** 猪苓

The drug consists of the dried sclerotium of the fungus, *Polyporus umbellatus* (Pers.) Fries (family Polyporaceae).

Efficacy: Drains Humidity and Water.

***Rhizoma Alismatis***

**Alismatis Rhizome**, Water-plantain Tuber

**Zexie** 泽泻

The drug consists of the dried tuber of Oriental Water-plantain, *Alisma orientalis* (Sam.) Juzep. (family Alismaceae).

Efficacy: Eliminates Heat, facilitates Water circulation and drains Humidity.

***Talcum***

**Talc**

**Huashi** 滑石

It is a very soft mineral composed mainly of hydrous magnesium silicate.

Efficacy: Eliminates Humidity-Heat, facilitates Water circulation and eases gonorrhea.

***Caulis Clematidis Armandii*** Sichuan Clematis Stem

**Chuanmutong** 川木通

or ***Caulis Aristolochiae Manshuriensis***

**Manshurian Aristolochia Stem**

**Guanmutong** 关木通

The drug consists of the dried lianoid stem of *Clematis armandii* Franch. or *Clematis montana* Buch.-Ham. (family Ranunculaceae) or the drug consists of the dried stem of *Aristolochia manshuriensis* Kom. (family Aristolochiaceae).

Efficacy: Eliminates Heat, facilitates Water circulation, dredges through Channels.

*Medulla Tetrapanacis*

Ricepaper Pith

Tongcao 通草

The drug consists of the pith of Ricepaper plant, *Tetrapanax papyriferus* (Hook.) K. Koch (family Araliaceae).

Efficacy: Eliminates Heat, facilitates Water circulation and eliminates edema.

*Semen Phaseoli*

Phaseolus Seeds, Adzuki Bean

Chixiaodou 赤小豆

The drug consists of the dried seeds of *Phaseolus angularis* Wight or *Phaseolus calcalatus* Roxb. (family Leguminosae).

Efficacy: Eliminates edema by facilitating urination, antidote.

*Radix Phytolaccae*

Phytolacca Root, Poke Root

Shanglu 商陆

The drug consists of the dried root of Indian Pokeberry, *Phytolacca acinosa* Roxb. or American Pokeberry, *Phytolacca americana* L. (family Phytolaccaceae).

Efficacy: Eliminates edema, facilitates Water circulation, eliminates sputum and eases cough.

*Semen Crotonis*

Croton Seed

Badou 巴豆

The drug consists of the dried seed of Purging Croton, *Croton tiglium* L. (family Euphorbiaceae).

Efficacy: Drastic, eliminates Cold stagnance, disperses Water and edema, eliminates sputum.

*Radix Euphorbiae Kansui*

Kansui Root



**Gansui 甘遂**

The drug consists of the dried tuberous root of *Euphorbia kansui* T.N. Liou ex T.P. Wang (family Euphorbiaceae).

Efficacy: Eliminates Water stagnance and Water-fluid, disperses stagnancy and edema.

**Flos Genkwa**

Genkwa Flower

Yuanhua 芫花

The drug consists of the dried flower-bud of Lilac Daphne, *Daphne genkwa* Sieb. et Zucc. (family Thymelaeaceae).

Efficacy: Eliminates Water-fluid and sputum, eases cough.

**Radix Euphorbiae Pekinensis**

Peking Spurge Root

Jingdaji 京大戟 or Daji 大戟

The drug consists of the dried roots of *Euphorbia pekinensis* Rupr. (family Euphorbiaceae).

Efficacy: Eliminates Water stagnance and Water-fluid, disperses stagnancy and edema.

## **Carminatives or Drugs for Regulating the Flow of Vital Energy**

**Fructus Aurantii Immaturus**

Immature Bitter Orange

Zhishi 枳实

The drug consists of the dried immature fruits of *Citrus aurantium* L. (family Rutaceae).

Efficacy: Dredges through Vital Energy and eliminates sputum, disperses stagnancy.

**Cortex Magnoliae Officinalis**

Magnolia Bark

Houpo 厚朴

The drug consists of the dried barks of *Magnolia officinalis* Rehd. et Wils. or *Magnolia officinalis* var. *biloba* Rehd. et Wils. (family

Magnoliaceae).

Efficacy: Dredges through Vital Energy, dries Humidity, brings down adversity to ease asthma.

*Bulbus Allii Macrostemi*

Macrostem Onion

Xiebai 薤白

The drug consists of the dried bulb of *Allium macrostemon* Bge. (family Liliaceae).

Efficacy: Stimulates Vital Energy to ease pain, dredges through Yang and disperses stagnancy.

## Drugs for Regulating Blood Conditions

*Semen Persicae*

Peach Kernel, Peach Seed

Taoren 桃仁

The drug consists of the seeds of *Prunus persica* (L.) Batsch or *Prunus davidiana* (Carr.) Franch. (family Rosaceae).

Efficacy: Removes Blood stasis, moistens constipation, eases cough and asthma.

*Hirudo*

Leech

Shuizhi 水蛭

The drug consists of the dried body of *Whitmania pigra* Whitman, *Whitmania acranulata* Whitman or *Hirudo nipponica* Whitman (family Hirudinidae).

Efficacy: Removes Blood stasis, with strong efficacy.

*Tabanus*

Gadfly

Mengchong 虻虫

The drug consists of the dried female insect of *Tabanus bivittatus* Matsum. (family Tabanidae).

Efficacy: Removes Blood stasis and stagnancy.

## Aromatic Stimulants

### *Rhizoma Acori Graminei*

Grass-leaved Sweetflag Rhizome

Shichangpu 石菖蒲

The drug consists of the dried rhizomes of Grassleaved Sweetflag, *Acorus gramineus* Soland. (family Araceae).

Efficacy: Eliminates Humidity, eases mind, dredges apertures.

## Sedatives and Tranquilizers

### *Os Draconis*

Dragon's Bone

Longgu 龙骨

The drug consists of the fossil bones of ancient large mammals, such as *Stegodon orientalis* and *Rhinocerus sinensis*.

Efficacy: Tranquillizes spirit, eases mind, astringent.

### *Concha Ostreae*

Oyster Shell

Muli 牡蛎

The drug consists of the shells of oyster, *Ostrea gigas* Thunb., *Ostrea talienwhanensis* Crosse or *Ostrea rivularis* Gould (family Ostreidae).

Efficacy: Softens stasis and disperses stagnancy, astringent.

## Anticonvulsives or Drugs for Subduing the Hyper-activity of the Liver and the Endogenous Wind

### *Haematitum*

Hematite

Zheshi 赭石

A red-colored iron ore composed of ferric oxide.

Efficacy: Brings down adversity, stops hemorrhage, eases Liver Vital Energy.

## Tonics

### *Radix Ginseng*

Ginseng

Renshen 人参

The drug consists of the dried roots of Asiatic Ginseng, *Panax ginseng* C.A. Mey. (family Araliaceae).

Efficacy: Greatly tonifying source of Vital Energy, tonifies Spleen and Lung, produces Body Fluid, eases mind.

### *Radix Glycyrrhizae*

Liquorice, Licorice Root

Gancao 甘草

The drug consists of the dried root and rhizome of *Glycyrrhiza uralensis* Fisch., *Glycyrrhiza inflata* Bat. or *Glycyrrhiza glabra* L. (family Leguminosae).

Efficacy: Tonifies Interior and Vital Energy, eliminates Heat, antidote, eliminates sputum, eases cough, eases pain, harmonizes efficacy of herbs.

### *Rhizoma Atractylodis Macrocephalae*

White Atractylodes Rhizome

Baizhu 白术

The drug consists of the dried rhizome of *Atractylodes macrocephala* Koidz. (family Compositae).

Efficacy: Tonifies Spleen and reinforces Vital Energy, dries Humidity and stimulates Water circulation, stabilizes Exterior and astringes perspiration.

### *Fructus Ziziphi Jujubae*

Jujube, Chinese Date

Dazao 大枣

The drug consists of the dried fruit of *Ziziphus jujuba* Mills (family Rhamnaceae).

Efficacy: Tonifies Spleen and Stomach, tonifies Blood, eases mind, harmonizes herbs in the decoction.

*Semen Oryzae Nonglutinosae*

Nonglutinous Rice

Gengmi 粳米

Efficacy: Harmonizes Stomach, tonifies Interior, eliminates Heat and restlessness, facilitates stool and quenches thirst.

Egg Yolk

Jizihuang 鸡子黄

Egg White

Jizibai 鸡子白

Efficacy: Eases Vital Energy of Viscera, tonifies Vital Energy and Blood.

Malt Extract, Malt Sugar

Jiaoyi 胶饴

Efficacy: Tonifies Interior, eases pain, moistens Lung to stop cough.

*Radix Angelicae Sinensis*

Chinese Angelica Root

Danggui 当归

The drug consists of the dried root of Chinese Angelica, *Angelica sinensis* (Oliv.) Diels (family Umbelliferae).

Efficacy: Tonifies Blood, regulates menstruation, removes Blood stasis, eases pain, moistens constipation.

*Radix Astragali*

Astragalus Root

Huangqi 黄芪

The drug consists of the root of *Astragalus membranaceus* (Fisch.) Bge. or *Astragalus membranaceus* Bge. var. *mongholicus* (Bge.) Hsiao (family Leguminosae).

Efficacy: Tonifies Vital Energy, raises Yang Vital Energy, assists Vital Resistance and stabilizes Exterior, stimulates Water and eliminates edema.

*Radix Paeoniae Alba*

White Peony Root

Baishao 白芍

The drug consists of the dried peeled root of *Paeonia lactiflora* Pall. (family Ranunculaceae).

Efficacy: Eases Liver Yang Vital Energy, tonifies Blood and eases pain, astringent.

*Colla Corii Asini*

Donkey-hide Gelatin, Ass-hide Glue

Ejiao 阿胶

The drug consists of the glue prepared from the skin of ass, *Equus asinus* L. (family Equidae).

Efficacy: Tonifies Blood and stops hemorrhage, tonifies Yin and moistens Dryness in Lung.

*Rhizoma Polygonati Odorati*

Fragrant Solomonseal Rhizome

Yuzhu 玉竹

The drug consists of the dried rhizomes of *Polygonatum odoratum* (Mill.) Druce (family Liliaceae).

Efficacy: Eliminates Heat and restlessness, facilitates urination.

*Radix Ophiopogonis*

Ophiopogon Root, Lilyturf Root

Maidong 麦冬

The drug consists of the tuberous root of Dwarf Lilyturf, *Ophiopogon japonicus* (Thunb.) Ker.-Gawl. (family Liliaceae).

Efficacy: Tonifies Yin and Stomach, moistens Dryness in Lung and eliminates Heat from Heart.

*Radix Asparagi*

Asparagus Root

Tiandong 天冬

The drug consists of the dried tuberous root of *Asparagus cochinchinensis* (Lour.) Merr. (family Liliaceae).

Efficacy: Tonifies Yin and eliminates Heat, moistens Dryness of Lung and tonifies Kidney.

## Astringents and Haemostatics

### *Galla Chinensis*

Chinese Gall

Wubeizi 五倍子 or Wenge 文蛤

The drug consists of the excrescences produced by an insect on the leaf of Chinese Sumac, *Rhus chinensis* Mill., Potanin Sumac, *Rhus potaninii* Maxim., (Diels) Rehd. et Wils. (family Anacardiaceae).

Efficacy: Astringent, eases cough, efficient to night sweating, chronic diarrhea, bloody stool.

### *Halloysitum Rubrum*

Red Halloysite

Chishizhi 赤石脂

The drug consists of a mineral, hydrated aluminium silicate, in red color due to the presence of iron oxides.

Efficacy: Stops diarrhea and hemorrhage.

### *Limonitum*

Limonite

Yuyuliang 禹余粮

The drug consists of a kind of iron ore, mainly composed of ferric oxide.

Efficacy: Astringent, stops diarrhea and hemorrhage.

### *Fructus Mume*

Black Plum, Mume

Wumei 乌梅

The drug consists of the dried fruits of Japanese Apricot, *Prunus mume* (Sieb.) Sieb. et Zucc. (family Rosaceae).

Efficacy: Astringent of Lung and Intestine, produces Body Fluid and eases ascarides.

*Fructus Schisandrae*

Schisandra Fruit, Magnoliavine Fruit

Wuweizi 五味子

The drug consists of the dried fruit of Chinese Magnoliavine, *Schisandra chinensis* (Turcz.) Baill. or Orange Magnoliavine, *Schisandra sphenanthera* Rehd. et Wils. (family Magnoliaceae).

Efficacy: Tonifies Vital Energy, produces Body Fluid, tonifies Kidney and Heart, astringent.

## Purgatives

*Mel*

Honey

Fengmi 蜂蜜

The drug consists of the saccharine fluid made by the hive-bee, *Apis cerana* Fabr. or *Apis mellifera* L. (family Apidae).

Efficacy: Moistens constipation, moistens Lung to stop cough, tonifies the Interior with nutrition.

*Fructus Cannabis*

Hemp Seed

Huomaren 火麻仁

The drug consists of the dried fruits of Common Hemp, *Cannabis sativa* L. (family Moraceae).

Efficacy: Moistens constipation and moves bowels, tonifies Deficiency with nutrition.

*Radix et Rhizoma Rhei*

Rhubard

Dahuang 大黄

The drug consists of the dried root and rhizome of Palmate Rhubard, *Rheum palmatum* L., Tangut Rhubard, *Rheum tanguticum* Maxim. et Balf. or Medicinal Rhubard, *Rheum officinale* Baill. (family Polygonaceae).

Efficacy: Removes stagnancy, eliminates Fire and cool Blood, removes stasis, eliminates Jaundice, drastic.



*Natrii Sulfas*

Mirabilite, Glauber's Salt, Sodium Sulphate

Mangxiao 芒硝

The drug consists of the crystalline sodium sulphate, usually made from natural sources.

Efficacy: Softens stercoroma and moves bowel, eliminates Heat and Fire.

*Pedicellus Melo*

Calyx of Fruit

Guadi 瓜蒂

Efficacy: Emetic, eliminates Jaundice.

*Cortex Catalpae*

Bark on Stem or on Root

Zibaipi 梓白皮

Efficacy: Eliminates Heat and Jaundice.

*Human Urine*

Renniao 人尿

Urine of children under 10 years old.

Efficacy: Moistens Yin and eliminates Heat.

*Lead Oxide (Pb<sub>3</sub>O<sub>4</sub>)*

Qiandan 铅丹

Efficacy: Stops malaria, antidote when used exteriorly.

*Meretrix meretrix* L. or *Cyclina sinensis* Gmelin Shell

Wenge 文蛤

Efficacy: Eliminates Heat and drains Humidity, eliminates sputum and removes stasis.

*Pig Bile*

Zhudanzhi 猪胆汁

Efficacy: Eliminates Heat, moistens dryness, antidote.

## ***APPENDIX II***

### **DIFFERENT PULSES AND THE RESPECTIVE SYNDROMES THEY REPRESENT**

(Excerpts from *The Pulse Studies of Binhu* by Li Shizhen)

#### **1. Floating Pulse (*Fu Mai* 浮脉)**

Floating pulse is the representation of a pathological condition at the Exterior caused by excessive Yang Vital Energy. Floating but also slow and tense signifies a pathological condition of a Wind and Cold nature, whereas floating with speedy pulse will indicate a pathological condition of a Wind and Heat nature. Floating and mighty always signifies Wind and Heat, but floating and strengthless will mean a syndrome with a Blood Deficiency.

#### **2. Deep Pulse (*Chen Mai* 沉脉)**

Stagnant Water and Fluid of the Yin Channel always brings a deep pulse. Deep but speedy indicates the existence of pathogenetic Heat at the Interior, while deep and slow may signify the existence of Cold at the Interior. As to a deep and slippery pulse, it always indicates stagnancy of sputum. A strengthless deep pulse shows the sinking of the deficient Yang Vital Energy. Deep but mighty can tell of the existence of stagnancy and Cold congelation at the Interior.

#### **3. Slow Pulse (*Chi Mai* 迟脉)**

Slow pulse always indicates diseases of the Viscera or an accumulation of sputum, Cold congelation, or a mass or stagnancy. Slow but mighty will always indicate pains caused by Interior Cold of an excessive nature. Slow but strengthless can indicate diseases of a Cold and deficient type.

#### **4. Speedy Pulse (*Shuo Mai* 数脉)**

Speedy pulse always indicates a syndrome of a Yang and Heat nature. Fire of Heart and Kidney should be eliminated. Speedy pulse of

an excessive nature should be treated with cool and eliminating drugs, whereas speedy pulse of a deficient nature should be warmed and tonified. Speedy pulse in the late autumn would foretell a dangerous case.

5. Slippery Pulse (*Hua Mai* 滑脉)

Slippery pulse may indicate either excessive Yang or evanescence of the source of the Vital Energy. It also indicates: sputum, indigestion, nausea and vomiting, blood stasis at lower portion and pregnancy (for women).

6. Hesitant Pulse (*Se Mai* 涩脉)

Hesitant pulse always indicates an insufficiency of Blood or loss of sperm. When profuse perspiration has exhausted the Body Fluid and brought Stomach discomfort, hesitant pulse is likely to appear. Hesitant pulse may also reflect pathogenetic Cold resting in the Blood, pregnancy, or abnormal menstruation.

7. Deficient Pulse (*Xu Mai* 虚脉)

Deficient pulse always reflects evanescence and loss of Body Resistance with symptoms of spontaneous perspiration, fright and irritation, or melancholia.

8. Excessive Pulse (*Shi Mai* 实脉)

Excessive pulse, of a Yang nature, reflects the congelation of Heat with symptoms of delirium, insanity, vomiting and anorexia, constipation, or pain caused by Vital-energy Stagnancy.

9. Long Pulse (*Chang Mai* 长脉)

A moderate long pulse is soft and even. When it is tight and tense, it will indicate diseases of the Greater Yang Channel. Long pulse may reflect Heat in the Blood, insanity caused by Wind sputum, and Interior excessive Heat (in the Stomach and Intestine).

10. Short Pulse (*Duan Mai* 短脉)

Short pulse is a reflection of evanescence and exhaustion of the Blood and Vital Energy. Short pulse with slippery and speedy pulse will

indicate excessive Interior Heat-Humidity. Short-floating pulse will reflect insufficiency of the Blood. Chest and abdominal distention is reflected by deep-short pulse. Short pulse under the fore-finger generally indicates a headache caused by Deficiency of the Yang Vital Energy. Short pulse under the ring-finger will indicate abdominal pain when Yang Vital Energy is deficient at the lower portion.

#### 11. Grand Pulse (*Hong Mai* 洪脉)

Grand pulse is a reflection of excessive Yang and Heat as well as Deficiency and insufficiency of Blood. When the Heart Fire is ascending, there will be a grand pulse. Grand pulse appearing with Stomach discomfort or nausea and vomiting will indicate a syndrome of an excessive nature, while grand pulse appearing with diarrhea will be an indication of a deficient syndrome with exhaustion of the Body Fluid and excessive Heat of a Yang nature.

#### 12. Feeble Pulse (*Wei Mai* 微脉)

Feeble pulse reflects Deficiency both in the Vital Energy and Blood. Symptoms of chill, fever, and profuse perspiration (evanescence of the Yang Vital Energy) will generally bear a feeble pulse. Feeble pulse also indicates various syndromes of an extreme deficient nature for men and abnormal menstruation for women.

#### 13. Tense Pulse (*Jin Mai* 紧脉)

Tense pulse always indicates various pains caused by extreme pathogenetic Cold. It also reflects a cough caused by pathogenetic Cold in the Lung, epilepsy caused by pathogenetic Cold in the Liver, or spitting of sputum caused by Cold in the Spleen.

#### 14. Moderate Pulse (*Huan Mai* 缓脉)

Moderate pulse is a pulse that reflects the normal state of a healthy person. But moderate-floating pulse will indicate pathogenetic Wind at the Exterior with an insufficiency of the Nutrient Essence and an Excess of Body Resistance; moderate-deep pulse reflects Humidity on the Channels and Collaterals; moderate-slow-slender pulse indicates Deficiency and weakness of the Spleen and Stomach; moderate-floating and mighty pulse reflects Wind-Humidity at the upper portion with stiffness

in the neck and back; moderate-deep and mighty pulse reflects Wind-Humidity at the lower portion with symptoms of paralysis.

15. Void Pulse (*Kou Mai* 芤脉)

After hemorrhage occurs, void pulse will appear, reflecting an insufficiency of Heart Blood with palpitation. Void pulse under the middle-finger is a proof that hemoptysis has taken place. If void pulse appears under the ring-finger, it will be a proof of loss of blood from gonorrhea, diarrhea, melena, profuse menstruation, or hemorrhage.

16. Tight Pulse (*Xian Mai* 弦脉)

Tight pulse is a pulse of the Liver and Gall Bladder. Tight-slippery pulse is a reflection of a syndrome of a Yang nature; tight-tense-slender pulse is a reflection of a syndrome of a Yin nature. Tight pulse may also indicate Water-fluid stagnancy, sputum congelation, intermittent fever and chill, and malaria.

17. Void-tight Pulse (*Ge Mai* 革脉)

Void-tight pulse reflects a Deficiency of Blood and sperm with the effects of Exterior pathogenetic Cold. It is a pulse of a deficient and Cold nature.

18. Hidden-excessive Pulse (*Lao Mai* 牢脉)

Hidden-excessive pulse is a reflection of Interior Excess and long-term Cold syndrome with the presentation of symptoms and signs of abdominal pain of a Cold nature, imbalance of the Liver Vital Energy, or stagnancy of the Spleen and Stomach Vital Energy.

19. Soft Pulse (*Ru Mai* 濡脉 or *Ruan Mai*)

Soft pulse generally indicates a loss of Blood and extreme Deficiency of Yin with the presentation of symptoms and signs of night sweat, restlessness and fever, hemorrhage, or diarrhea caused by Humidity in the Spleen.

20. Weak Pulse (*Ruo Mai* 弱脉)

Weak pulse always reflects a Deficiency of Yin and evanescence of Yang. Weak pulse may also appear with the following symptoms: fever

and chill, paralysis, fright and irritation, spontaneous perspiration and general malaise.

#### 21. Loose Pulse (*San Mai* 散脉)

When loose pulse appears under the fore-finger of the left wrist, it may indicate melancholia caused by Deficiency of Heart Yang. When loose pulse appears under the fore-finger of right wrist, it indicates spontaneous perspiration caused by Deficiency of the Body Resistance. Loose pulse under the middle-finger of the left wrist may reflect Water-fluid stagnancy. Loose pulse under the middle-finger of the right wrist is an indication of edema on both legs. When the patient has been ill for a long time, loose pulse will foretell total collapse of the source of Vital Energy.

#### 22. Slender Pulse (*Xi Mai* 细脉)

Deficiency of Blood and Vital Energy makes the pulse slender. Slender pulse reflects a Deficiency of Yang Vital Energy with Humidity intruding into the Kidney and spontaneous perspiration.

#### 23. Hidden Pulse (*Fu Mai* 伏脉)

When a syndrome congeals at the Interior, normal circulation of the Blood and Vital Energy will be hampered. Hidden pulse will appear. Cholera and congelation of sputum will also bear a hidden pulse.

#### 24. Moving Pulse (*Dong Mai* 动脉)

Moving pulse may appear to reflect the following symptoms and signs: pain caused by Cold prevalence, irritation and palpitation caused by abnormal movement of the Vital Energy, spontaneous perspiration caused by Yin prevalence, fever caused by Yang prevalence, diarrhea caused by abnormal state of the Spleen and Stomach with intermingled Heat and Cold, spasms caused by pathogenetic Cold, and lost of sperm for men and hemorrhhea for women.

#### 25. Irregular-speedy Pulse (*Cu Mai* 促脉)

Irregular-speedy pulse reflects the congelation of pathogenetic Heat in the Three Portions of the Body Cavity. The congelation of Vital Energy, Blood (blood stasis), sputum, Water-fluid, and indigestion all may

bear irregular-speedy pulse. Obstruction of the normal circulation of the Vital Energy and Blood is the cause of irregular-speedy pulse.

26. Slow-uneven Pulse (*Jie Mai* 结脉)

Slow-uneven pulse appears in cases with a congelation of the Vital Energy and Blood. The following cases may bear a slow-uneven pulse: congelation of sputum, carbuncle, swelling, etc. Compared with irregular-speedy pulse (of a Heat nature), slow-uneven pulse always foretells a case of a Yin nature.

27. Interval Pulse (*Dai Mai* 代脉)

Interval pulse appears in a case with evanescence of the Viscera Vital Energy and weakness of the Yang Vital Energy. It may appear in the following cases: abdominal pain and diarrhea caused by Deficiency at the lower portion, weakness of the Spleen and Stomach functions, and vomiting and diarrhea caused by Deficiency of the Interior Vital Energy.

28. Huge Pulse (*Da Mai* 大脉)\*

Huge and mighty pulse will indicate an excessive case with a Heat syndrome. Huge and strengthless pulse will either reflect a deficient case or the dispersion of the Interior deficient Vital Energy.

29. Swift Pulse (*Ji Mai* 疾脉)\*\*

Swift pulse is an indication of the extreme prevalence of Yang and exhaustion of Yin and the dispersion of the source of the Vital Energy. It is a pulse that generally foretells an acute case of febrile disease or a case with a severe Deficiency.

\* According to *Concise Dictionary of Chinese Medicine*, p. 28.

\*\* *Ibid.*, p. 742.

## APPENDIX III

### ORIGINAL PRESCRIPTIONS (IN CHINESE\*)

#### Clause 12

Decoction of Ramulus Cinnamomi

桂枝汤 (*Guizhi Tang*)

桂枝三两，去皮 芍药三两 甘草二两，炙 生姜三两，切  
大枣十二枚，掰

#### Clause 14

Decoction of Ramulus Cinnamomi adding Radix Puerariae

桂枝加葛根汤 (*Guizhi Jia Gegen Tang*)

葛根四两 芍药二两 生姜三两，切 甘草二两  
大枣十二枚，掰 桂枝二两，去皮

#### Clause 18

Decoction of Ramulus Cinnamomi adding Cortex Magnoliae  
Officinalis and Semen Armeniacae Amarum

桂枝加厚朴杏子汤 (*Guizhi Jia Houpo Xingzi Tang*)

桂枝去皮，三两 甘草炙，二两 生姜切，三两 芍药三两  
大枣，十二枚 厚朴炙，去皮，二两 杏仁五十枚，去皮尖

#### Clause 20

Decoction of Ramulus Cinnamomi adding Radix Aconiti Praeparata

桂枝加附子汤 (*Guizhi Jia Fuzi Tang*)

桂枝三两，去皮 芍药三两 甘草三两，炙 生姜三两，切  
大枣十二枚，掰 附子一枚，炮去皮，破八片

\* Excluding those in the CASES.



**Clause 21**

Decoction of Ramulus Cinnamomi subtracting Radix Paeoniae

桂枝去芍药汤 (*Guizhi Qu Shaoyao Tang*)

桂枝三两，去皮 甘草二两，炙 生姜三两，切

大枣十二枚，掰

**Clause 22**

Decoction of Ramulus Cinnamomi subtracting Radix Paeoniae  
adding Radix Aconiti Praeparata

桂枝去芍药加附子汤 (*Guizhi Qu Shaoyao Jia Fuzi Tang*)

桂枝三两，去皮 甘草二两，炙 生姜三两，切

大枣十二枚，掰 附子一枚，炮去皮，破八片

**Clause 23**

Combination of Half Decoction of Ramulus Cinnamomi and Half  
Decoction of Herba Ephedrae

桂枝麻黄各半汤 (*Guizhi Mahuang Geban Tang*)

桂枝一两十六铢，去皮 芍药 生姜切 甘草炙 麻黄各一两，去节

大枣四枚，掰 杏仁二十四枚，汤浸去皮尖及两仁者

**Clause 25**

Combination of Two Decoction of Ramulus Cinnamomi and One  
Decoction of Herba Ephedrae

桂枝二麻黄一汤 (*Guizhi Er Mahuang Yi Tang*)

桂枝一两十七铢，去皮 芍药一两六铢 麻黄十六铢，去节

生姜一两六铢，切 杏仁十六个，去皮尖 甘草一两二铢，炙

大枣五枚，掰

**× Clause 26**

Decoction of Baihu adding Radix Ginseng

白虎加人参汤 (*Baihu Jia Renshen Tang*)

知母六两 石膏一斤，碎，绵裹 甘草炙，二两

粳米六合 人参三两

## Clause 27 ✓

Combination of Two Decoction of Ramulus Cinnamomi and One Decoction of Yuebei

桂枝二越婢一汤 (Guizhi Er Yuebei Yi Tang)

桂枝 去皮 芍药 麻黄 甘草 各十八铢, 炙 大枣 四枚, 掰  
生姜 一两三铢, 切 石膏 二十四铢, 碎, 绵裹

## Clause 28 ✓

Decoction of Ramulus Cinnamomi adding Poria and Rhizoma Atractylodis Macrocephalae subtracting Ramulus Cinnamomi

桂枝去桂加茯苓白术汤 (Guizhi Qu Gui Jia Fuling Baizhu Tang)

芍药 三两 甘草 二两, 炙 生姜 切 白术 茯苓 各三两  
大枣 十二枚, 掰

## Clause 29

Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis

甘草干姜汤 (Gancao Ganjiang Tang)

甘草 四两, 炙 干姜 二两

Decoction of Radix Paeoniae and Radix Glycyrrhizae

芍药甘草汤 (Shaoyao Gancao Tang)

芍药 甘草 各四两, 炙

Decoction of Tiaowei Chengqi

调胃承气汤 (Tiaowei Chengqi Tang)

大黄 四两, 去皮, 清酒洗 甘草 二两, 炙 芒硝 半升

Decoction of Sini

四逆汤 (Sini Tang)

甘草 二两, 炙 干姜 一两半 附子 一枚, 生用, 去皮, 破八片

## Clause 31

Decoction of Radix Puerariae

葛根汤 (Gegen Tang)

葛根 四两 麻黄 三两, 去节 桂枝 二两, 去皮  
芍药 二两 生姜 三两, 切 甘草 二两, 炙 大枣 十二枚, 掰

**Clause 33**

Decoction of Radix Puerariae adding Rhizoma Pinelliae

葛根加半夏汤 (*Gegen Jia Banxia Tang*)

葛根四两 麻黄三两, 去节 甘草二两, 炙 芍药二两

桂枝二两, 去皮 生姜二两, 切 半夏半升, 洗 大枣十二枚, 掰

**Clause 34**

Decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis

葛根黄芩黄连汤 (*Gegen Huangqin Huanglian Tang*)

葛根半斤 甘草二两, 炙 黄芩二两 黄连三两

**Clause 35**

Decoction of Herba Ephedrae

麻黄汤 (*Mahuang Tang*)

麻黄三两, 去节 桂枝二两, 去皮 甘草一两, 炙

杏仁七十个, 去皮尖

**Clause 37**

Decoction of Lesser Radix Bupleuri

小柴胡汤 (*Xiao Chaihu Tang*)

柴胡半斤 黄芩 人参 甘草炙 生姜各三两, 切

大枣十二枚, 掰 半夏半升, 洗

**Clause 38**

Decoction of Greater *Qinglong*

大青龙汤 (*Da Qinglong Tang*)

麻黄六两, 去节 桂枝二两, 去皮 甘草二两, 炙

杏仁四十枚, 去皮尖 生姜三两, 切 大枣十枚, 掰

石膏如鸡子大, 碎

**Clause 40**

Decoction of Lesser *Qinglong*

小青龙汤 (*Xiao Qinglong Tang*)

麻黄<sup>去节</sup> 芍药 细辛 干姜 甘草<sup>炙</sup> 桂枝<sup>各三两，去皮</sup>  
五味子<sup>半升</sup> 半夏<sup>半升，洗</sup>

### Clause 61

Decoction of Rhizoma Zingiberis and Radix Aconiti

干姜附子汤 (*Ganjiang Fuzi Tang*)

干姜<sup>一两</sup> 附子<sup>一枚，生用去皮，切八片</sup>

### Clause 62 ✓

Decoction of Ramulus Cinnamomi *Xinjia*

桂枝加芍药生姜各一两、人参三两新加汤 (*Guizhi Jia Shaoyao, Shengjiang Ge 1 Liang Renshen 3 Liang Xinjia Tang*)

桂枝<sup>三两，去皮</sup> 芍药<sup>四两</sup> 甘草<sup>二两，炙</sup>

人参<sup>三两</sup> 大枣<sup>十二枚，掰</sup> 生姜<sup>四两</sup>

### Clause 63

Decoction of Herba Ephedrae, Semen Armeniacae Amarum, Radix Glycyrrhizae and Gypsum Fibrosum

麻黄杏仁甘草石膏汤 (*Mahuang Xingren Gancao Shigao Tang*)

麻黄<sup>四两，去节</sup> 杏仁<sup>五十个，去皮尖</sup> 甘草<sup>二两，炙</sup>

石膏<sup>半斤，碎，绵裹</sup>

### Clause 64 ✓

Decoction of Ramulus Cinnamomi and Radix Glycyrrhizae

桂枝甘草汤 (*Guizhi Gancao Tang*)

桂枝<sup>四两，去皮</sup> 甘草<sup>二两，炙</sup>

### Clause 65 ✓

Decoction of Poria, Ramulus Cinnamomi, Radix Glycyrrhizae and Fructus Ziziphi Jujubae

茯苓桂枝甘草大枣汤 (*Fuling Guizhi Gancao Dazao Tang*)

茯苓<sup>半斤</sup> 桂枝<sup>四两，去皮</sup> 甘草<sup>二两，炙</sup>

大枣<sup>十五枚，掰</sup>

**Clause 66**

Decoction of Cortex Magnoliae Officinalis, Rhizoma Zingiberis Recens, Rhizoma Pinelliae, Radix Glycyrrhizae and Radix Ginseng  
 厚朴生姜半夏甘草人参汤 (*Houpo Shengjiang Banxia Gancao Renshen Tang*)

厚朴半斤, 炙, 去皮 生姜半斤, 切 半夏半升, 洗  
 甘草二两 人参一两

**Clause 67**

Decoction of Poria, Ramulus Cinnamomi, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae

茯苓桂枝白术甘草汤 (*Fuling Guizhi Baizhu Gancao Tang*)

茯苓四两 桂枝三两, 去皮 白术二两  
 甘草二两, 炙

**Clause 68**

Decoction of Radix Paeoniae, Radix Glycyrrhizae and Radix Aconiti Praeparata

芍药甘草附子汤 (*Shaoyao Gancao Fuzi Tang*)

芍药 甘草各三两, 炙 附子一枚, 炮去皮, 破八片

**Clause 69**

Decoction of Poria *Sini*

茯苓四逆汤 (*Fuling Sini Tang*)

茯苓四两 人参一两 附子一枚, 生用, 去皮, 破八片  
 甘草二两, 炙 干姜一两半

**Clause 71**

*Wuling Powder*

五苓散 (*Wuling San*)

猪苓十八铢, 去皮 泽泻一两六铢 白术十八铢  
 茯苓十八铢 桂枝半两, 去皮

**Clause 73**

Decoction of Poria and Radix Glycyrrhizae

茯苓甘草汤 (*Fuling Gancao Tang*)

茯苓二两 桂枝二两, 去皮 甘草一两, 炙

生姜三两, 切

**Clause 76**

Decoction of Fructus Gardeniae and Semen Sojae Praeparatum

梔子豉汤 (*Zhizi Chi Tang*)

梔子十四个, 掰 香豉四合, 绵裹

Decoction of Fructus Gardeniae, Radix Glycyrrhizae and Semen Sojae Praeparatum

梔子甘草豉汤 (*Zhizi Gancao Chi Tang*)

梔子十四个, 掰 甘草二两, 炙 香豉四合 绵裹

Decoction of Fructus Gardeniae, Rhizoma Zingiberis Recens and Semen Sojae Praeparatum

梔子生姜豉汤 (*Zhizi Shengjiang Chi Tang*)

梔子十四个, 掰 生姜五两 香豉四合, 绵裹

**Clause 78**

Decoction of Fructus Gardeniae and Cortex Magnoliae Officinalis

梔子厚朴汤 (*Zhizi Houpo Tang*)

梔子十四个, 掰 厚朴四两, 炙, 去皮 枳实四枚, 水浸, 炙令黄

**Clause 80**

Decoction of Fructus Gardeniae and Rhizoma Zingiberis

梔子干姜汤 (*Zhizi Ganjiang Tang*)

梔子十四个, 掰 干姜二两

**Clause 82**Decoction of *Zhenwu*真武汤 (*Zhenwu Tang*)

茯苓 芍药 生姜各三两, 切 白术二两

附子一枚, 炮去皮, 破八片

**Clause 96**

Decoction of Lesser Radix Bupleuri

小柴胡汤 (*Xiao Chaihu Tang*)柴胡半斤 黄芩三两 人参三两 半夏半升, 洗  
甘草三两, 炙 生姜三两, 切 大枣十二枚, 掰**Clause 100**

Decoction of Lesser Jianzhong

小建中汤 (*Xiao Jianzhong Tang*)桂枝三两, 去皮 甘草三两, 炙 大枣十二枚, 掰  
芍药六两 生姜三两, 切 胶饴一升**Clause 103**

Decoction of Greater Radix Bupleuri

大柴胡汤 (*Da Chaihu Tang*)柴胡半斤 黄芩三两 芍药三两 半夏半升, 洗  
生姜五两, 切 枳实四枚, 炙 大枣十二枚, 掰**Clause 104**

Decoction of Radix Bupleuri adding Natrii Sulfas

柴胡加芒硝汤 (*Chaihu Jia Mangxiao Tang*)柴胡二两十六铢 黄芩一两 人参一两 甘草一两, 炙  
生姜一两, 切 半夏二十铢, 本云五枚, 洗  
大枣四枚, 掰 芒硝二两**Clause 106**Decoction of Semen Persicae *Chengqi*桃核承气汤 (*Taohe Chengqi Tang*)桃仁五十个, 去皮尖 大黄四两 桂枝二两, 去皮  
甘草二两, 炙 芒硝二两**Clause 107**Decoction of Radix Bupleuri adding Os Draconis and Concha  
Ostreae柴胡加龙骨牡蛎汤 (*Chaihu Jia Longgu Muli Tang*)

柴胡四两 龙骨 黄芩 生姜切 铅丹

人参 桂枝<sub>去皮</sub> 茯苓<sub>各一两半</sub> 半夏<sub>二合半, 洗</sub>  
 大黄<sub>二两</sub> 牡蛎<sub>一两半, 熬</sub> 大枣<sub>六枚, 掰</sub>

### Clause 112

Decoction of Ramulus Cinnamomi *Jiuni* •

桂枝去芍药加蜀漆龙骨牡蛎救逆汤 (*Guizhi Qu Shaoyao Jia Shuqi Longgu Muli Jiuni Tang*)

桂枝<sub>三两, 去皮</sub> 甘草<sub>二两, 炙</sub> 生姜<sub>三两, 切</sub>  
 大枣<sub>十二枚, 掰</sub> 牡蛎<sub>五两, 熬</sub> 蜀漆<sub>三两, 洗去腥</sub>  
 龙骨<sub>四两</sub>

### Clause 117

Decoction of Ramulus Cinnamomi adding Ramulus Cinnamomi •

桂枝加桂汤 (*Guizhi Jia Gui Tang*)

桂枝<sub>五两, 去皮</sub> 芍药<sub>三两</sub> 生姜<sub>三两, 切</sub>  
 甘草<sub>二两, 炙</sub> 大枣<sub>十枚, 掰</sub>

### Clause 118

Decoction of Ramulus Cinnamomi, Radix Glycyrrhizae, Os Draconis and Concha Ostreae

桂枝甘草龙骨牡蛎汤 (*Guizhi Gancao Longgu Muli Tang*)

桂枝<sub>一两, 去皮</sub> 甘草<sub>二两, 炙</sub> 牡蛎<sub>二两, 熬</sub>  
 龙骨<sub>二两</sub>

### Clause 124

Decoction of *Didang*

抵当汤 (*Didang Tang*)

水蛭<sub>三十个, 熬</sub> 虻虫<sub>三十个, 熬, 去翅足</sub> 桃仁<sub>二十个, 去皮尖</sub>  
 大黄<sub>三两, 酒洗</sub>

### Clause 126

*Didang* Pill

抵当丸 (*Didang Wan*)

水蛭<sub>二十个, 熬</sub> 虻虫<sub>二十个, 去翅足, 熬</sub> 桃仁<sub>二十个, 去皮尖</sub>  
 大黄<sub>三两</sub>



**Clause 131***Greater Xianxiong Pill*大陷胸丸 (*Da Xianxiong Wan*)

大黄半斤 葶苈半升, 熬 芒硝半升

杏仁半升, 去皮尖, 熬黑 甘遂一钱匕 白蜜二合

**Clause 134***Decoction of Greater Xianxiong*大陷胸汤 (*Da Xianxiong Tang*)

大黄六两, 去皮 芒硝一升 甘遂一钱匕

**Clause 138***Decoction of Lesser Xianxiong*小陷胸汤 (*Xiao Xianxiong Tang*)

黄连一两 半夏半升, 洗 栝蒌实大者一枚

**Clause 141***Wenge Powder*文蛤散 (*Wenge San*)

文蛤五两

*Decoction of Wenge*文蛤汤 (*Wenge Tang*)

文蛤五两 麻黄 甘草 生姜各三两

石膏五两 杏仁五十个 大枣十一枚

*Baisan Powder*白散 (*Baisan*)

桔梗三分 巴豆一分, 去皮心, 熬黑, 研如脂 贝母三分

**Clause 146***Decoction of Radix Bupleuri and Ramulus Cinnamomi*柴胡桂枝汤 (*Chaihu Guizhi Tang*)

桂枝去皮 黄芩一两半 人参一两半 甘草一两, 炙

半夏二合半, 洗 芍药一两半 大枣六枚, 掰

生姜一两半, 切 柴胡四两

**Clause 147**

Decoction of Radix Bupleuri, Ramulus Cinnamomi and Rhizoma Zingiberis

柴胡桂枝干姜汤 (*Chaihu Guizhi Ganjiang Tang*)

柴胡半斤 桂枝三两, 去皮 干姜二两 栝蒌根四两  
黄芩三两 牡蛎二两, 熬 甘草二两, 炙

**Clause 149**

Decoction of Rhizoma Pinelliae *Xiexin*

半夏泻心汤 (*Banxia Xiexin Tang*)

半夏半升, 洗 黄芩 干姜 人参 甘草炙, 各三两  
黄连一两 大枣十二枚, 掰

**Clause 152**

Decoction of Ten Fructus Ziziphi Jujubae

十枣汤 (*Shi Zao Tang*)

芫花熬 甘遂 大戟

**Clause 154**

Decoction of Radix et Rhizoma Rhei and Rhizoma Coptidis *Xiexin*

大黄黄连泻心汤 (*Dahuang Huanglian Xiexin Tang*)

大黄二两 黄连一两

**Clause 155**

Decoction of Radix Aconiti Praeparata *Xiexin*

附子泻心汤 (*Fuzi Xiexin Tang*)

大黄二两 黄连一两 黄芩一两 附子一两, 炮去皮, 别煮取汁

**Clause 157**

Decoction of Rhizoma Zingiberis Recens *Xiexin*

生姜泻心汤 (*Shengjiang Xiexin Tang*)

生姜四两, 切 甘草三两, 炙 人参三两 干姜一两  
黄芩三两 半夏半升 黄连一两 大枣十二枚, 掰

**Clause 158**

Decoction of Radix Glycyrrhizae Xiexin

甘草泻心汤 (*Gancao Xiexin Tang*)

甘草四两, 炙 黄芩三两 干姜三两 半夏半升, 洗  
大枣十二枚, 掰 黄连一两

**Clause 159**

Decoction of Halloysitum Rubrum and Limonitum

赤石脂禹余粮汤 (*Chishizhi Yuyuliang Tang*)

赤石脂一斤, 碎 太乙禹余粮一斤, 碎

**Clause 161**

Decoction of Flos Inulae and Haematitum

旋覆代赭汤 (*Xuanfu Daizhe Tang*)

旋覆花三两 人参二两 生姜五两 代赭石一两  
甘草三两, 炙 半夏半升, 洗 大枣十二枚, 掰

**Clause 163**

Decoction of Ramulus Cinnamomi and Radix Ginseng

桂枝人参汤 (*Guizhi Renshen Tang*)

桂枝四两, 去皮 甘草四两, 炙 白术三两 人参三两  
干姜三两

**Clause 166**

Pedicellus Melo Powder

瓜蒂散 (*Guadi San*)

瓜蒂一分, 熬黄 赤小豆一分

**Clause 172**

Decoction of Radix Scutellariae

黄芩汤 (*Huangqin Tang*)

黄芩三两 甘草二两, 炙 芍药二两 大枣十二枚, 掰

Decoction of Radix Scutellariae adding Rhizoma Pinelliae and  
Rhizoma Zingiberis Recens

黄芩加半夏生姜汤 (*Huangqin Jia Banxia Shengjiang Tang*)

黄芩三两 芍药二两 甘草二两，炙 大枣十二枚，掰  
半夏半升，洗 生姜一两半；一方三两，切

### Clause 173

Decoction of Rhizoma Coptidis

黄连汤 (*Huanglian Tang*)

黄连 甘草炙 干姜 桂枝去皮，各三两  
人参二两 半夏半升，洗 大枣十二枚，掰

### Clause 174

Decoction of Ramulus Cinnamomi and Radix Aconiti Praeparata

桂枝附子汤 (*Guizhi Fuzi Tang*) ●

桂枝四两，去皮 附子三枚，炮去皮，破八片 生姜三两，切  
甘草二两，炙 大枣十二枚，掰

Decoction subtracting Ramulus Cinnamomi adding Rhizoma  
Atractylodis Macrocephalae ●

去桂加白术汤 (*Qu Gui Jia Baizhu Tang*)

附子三枚，炮去皮，破 白术四两 生姜三两，切  
甘草二两，炙 大枣十二枚，掰

### Clause 175

Decoction of Radix Glycyrrhizae and Radix Aconiti Praeparata

甘草附子汤 (*Gancao Fuzi Tang*)

甘草二两，炙 附子二枚，炮去皮，破 白术二两  
桂枝四两，去皮

### Clause 176

Decoction of *Baihu*

白虎汤 (*Baihu Tang*)

知母六两 石膏一斤，碎 甘草二两 粳米六合

### Clause 177

Decoction of Radix Glycyrrhizae Praeparata

炙甘草汤 (*Zhi Gancao Tang*)

甘草四两，炙 生姜三两，切 人参二两 生地黄一斤

桂枝三兩，去皮 阿膠二兩 麥門冬半升，去心 麻仁半升  
大棗三十枚，掰

### Clause 208

Decoction of Greater *Chengqi*

大承氣湯 (*Da Chengqi Tang*)

大黃四兩，酒洗 厚朴半斤，炙，去皮 枳實五枚，炙  
芒硝三合

Decoction of Lesser *Chengqi*

小承氣湯 (*Xiao Chengqi Tang*)

大黃四兩，酒洗 厚朴二兩，炙，去皮 枳實三枚大者，炙

### Clause 223

Decoction of Polyporus Umbellatus

豬苓湯 (*Zhuling Tang*)

豬苓去皮 茯苓 澤瀉 阿膠 滑石碎，各一兩

### Clause 233

Constipation-dredging Therapy with Honey (Mel)

蜜煎方 (*Mi Jian Fang*)

食蜜七合

Constipation-dredging Therapy with Pig Bile

豬胆汁導法 (*Zhu Danzhi Dao Fa*)

大豬胆一枚 法醋少許

Therapy of Cucumba Root

“土瓜根”方 (*Tuguagen Fang*)

(Prescription is missing)

### Clause 236

Decoction of Herba Artemisiae Scopariae

茵陳蒿湯 (*Yinchenghao Tang*)

茵陳蒿六兩 梔子十四枚，掰 大黃二兩，去皮

## Clause 243

Decoction of Fructus Evodiae

吴茱萸汤 (*Wuzhuyu Tang*)

吴茱萸一升, 洗 人参三两 生姜六两, 切 大枣十二枚, 掰

## Clause 247

Fructus Cannabis Pills

麻子仁丸 (*Maziren Wan*)麻子仁二升 芍药半斤 枳实半斤, 炙 大黄一斤, 去皮  
厚朴一尺, 炙, 去皮 杏仁一升, 去皮尖, 熬, 别作脂

## Clause 261

Decoction of Fructus Gardeniae and Cortex Phellodendri

栀子梔皮汤 (*Zhizhi Bopi Tang*)

肥栀子十五个, 掰 甘草一两, 炙 黄梔二两

## Clause 262

Decoction of Herba Ephedrae, Radix Forsythiae and Semen  
Phaseoli麻黄连翘赤小豆汤 (*Mahuang Lianzhao Chixiaodou Tang*)麻黄二两, 去节 连翘二两(连翘根是) 杏仁四十个, 去皮尖  
赤小豆一升 大枣十二枚, 掰 生梓白皮切, 一升  
生姜二两, 切 甘草二两, 炙

## Clause 279

Decoction of Ramulus Cinnamomi adding Radix Paeoniae

桂枝加芍药汤 (*Guizhi Jia Shaoyao Tang*)桂枝三两, 去皮 芍药六两 甘草二两, 炙 大枣十二枚, 掰  
生姜三两, 切

Decoction of Ramulus Cinnamomi adding Radix et Rhizoma Rhei

桂枝加大黄汤 (*Guizhi Jia Dahuang Tang*)桂枝三两, 去皮 大黄二两 芍药六两 生姜三两, 切  
甘草二两, 炙 大枣十二枚, 掰

**Clause 301**

Decoction Herba Ephedrae, Herba Asari and Radix Aconiti Praeparata

麻黄细辛附子汤 (*Mahuang Xixin Fuzi Tang*)

麻黄二两，去节 细辛二两 附子一枚，炮去皮，破八片

**Clause 302**

Decoction of Herba Ephedrae, Radix Aconiti and Radix Glycyrrhizae

麻黄附子甘草汤 (*Mahuang Fuzi Gancao Tang*)

麻黄二两，去节 甘草二两，炙 附子一枚，炮去皮，破八片

**Clause 303**

Decoction of Rhizoma Coptidis and Colla Corii Asini

黄连阿胶汤 (*Huanglian Ejiao Tang*)

黄连四两 黄芩二两 芍药二两 鸡子黄二枚

阿胶三两；一云三挺

**Clause 304**

Decoction of Radix Aconiti Praeparata

附子汤 (*Fuzi Tang*)

附子二枚，炮去皮，破八片 茯苓三两 人参二两 白术四两 芍药三两

**Clause 306**

Decoction of Taohua

桃花汤 (*Taohua Tang*)

赤石脂一斤，一半全用，一半筛末 干姜一两 粳米一升

**Clause 310**

Decoction of Pig-skin

猪肤汤 (*Zhufu Tang*)

猪肤一斤

**Clause 311**Decoction of *Radix Glycyrrhizae*甘草汤 (*Gancao Tang*)

甘草二两

Decoction of *Radix Platycodi*桔梗汤 (*Jiegeng Tang*)

桔梗一两 甘草二两

**Clause 312**

Decoction of Bitter Wine

苦酒汤 (*Kujiu Tang*)

半夏洗，破如枣核，十四枚 鸡子一枚，去黄，内上苦酒，着鸡子壳中

**Clause 313***Rhizoma Pinelliae* Powder and Decoction of *Rhizoma Pinelliae*半夏散及汤 (*Banxia San Ji Tang*)

半夏洗 桂枝去皮 甘草炙

**Clause 314**Decoction of *Baitong*白通汤 (*Baitong Tang*)

葱白四茎 干姜一两 附子一枚，生去皮，破八片

**Clause 315**Decoction of *Baitong* adding Pig Bile白通加猪胆汁汤 (*Baitong Jia Zhudanzhi Tang*)

葱白四茎 干姜一两 附子一枚，生去皮，破八片

人尿五合 猪胆汁一合

**Clause 316**Decoction of *Zhenwu*真武汤 (*Zhenwu Tang*)

茯苓三两 芍药三两 白术二两 生姜三两，切

附子一枚，炮去皮，破八片



**Clause 317**Decoction of *Tongmai Sini*通脉四逆汤 (*Tongmai Sini Tang*)

甘草二两，炙 附子大者一枚，生用，去皮，破八片

干姜三两，强人可四两

**Clause 318***Sini Powder*四逆散 (*Sini San*)

甘草炙 枳实破，水渍，炙乾 柴胡 芍药各十分

**Clause 338**

Fructus Mume Pill

乌梅丸 (*Wumei Wan*)

乌梅三百枚 细辛六两 干姜十两 黄连十六两

当归四两 附子六两，炮去皮 蜀椒四两，出汗

桂枝去皮，六两 人参六两 黄蘗六两

**Clause 351**Decoction of *Radix Angelicae Sinensis Sini*当归四逆汤 (*Danggui Sini Tang*)

当归三两 桂枝三两，去皮 芍药三两 细辛三两

甘草二两，炙 大枣二十五枚，掰，一法十二枚 通草二两

**Clause 352**Decoction of *Radix Angelicae Sinensis Sini* adding *Fructus Evodiae*  
and *Rhizoma Zingiberis Recens*当归四逆加吴茱萸生姜汤 (*Danggui Sini Jia Wuzhuyu*  
*Shengjiang Tang*)

当归三两 芍药三两 甘草二两，炙 通草二两

桂枝三两，去皮 细辛三两 生姜半斤，切 吴茱萸二升

大枣二十五枚，掰

**Clause 357**Decoction of *Herba Ephedrae* and *Rhizoma Cimicifugae*麻黄升麻汤 (*Mahuang Shengma Tang*)

麻黄二两半，去节 升麻一两一分 当归一两一分 知母十八铢  
 黄芩十八铢 萎蕤（一作菖蒲）十八铢 芍药六铢  
 天门冬六铢，去心 桂枝六铢，去皮 茯苓六铢 甘草六铢，炙  
 石膏六铢，碎，绵裹 白术六铢 干姜六铢

### Clause 359

Decoction of Rhizoma Zingiberis, Radix Scutellariae, Rhizoma  
 Coptidis and Radix Ginseng  
 干姜黄芩黄连人参汤  
 (*Ganjiang Huangqin Huanglian Renshen Tang*)  
 干姜 黄芩 黄连 人参各三两

### Clause 371

Decoction of Radix Pulsatillae  
 白头翁汤 (*Baitouweng Tang*)  
 白头翁二两 黄柏三两 黄连三两 秦皮三两

### Clause 385

Decoction of *Sini* adding Radix Ginseng  
 四逆加人参汤 (*Sini Jia Renshen Tang*)  
 甘草二两，炙 附子一枚，生去皮，破八片 干姜一两半  
 人参一两

### Clause 386

*Lizhong* Pills  
 理中丸 (*Lizhong Wan*)  
 人参 干姜 甘草炙 白术各三两

### Clause 390

Decoction of *Tongmai Sini* adding Pig Bile  
 通脉四逆加猪胆汤 (*Tongmai Sini Jia Zhudan Tang*)  
 甘草二两，炙 干姜二两，强人可三两  
 附子大者一枚，生去皮，破八片 猪胆汁半合

**Clause 392***Shaokun Powder*烧裨散 (*Shaokun San*)

取妇人中裨近隐处，取烧作灰。

**Clause 393**Decoction of Fructus Aurantii Immaturus, Fructus Gardeniae and  
Semen Sojae Praeparatum枳实栀子豉汤 (*Zhishi Zhizi Chi Tang*)

枳实三枚，炙 栀子十四个，掰 豉一升，绵裹

**Clause 395**

Concha Ostreae and Rhizoma Alismatis Powder

牡蛎泽泻散 (*Muli Zexie San*)

牡蛎熬 泽泻 蜀漆暖水洗去腥 葶苈子熬

商陆根熬 海藻洗去咸 栝蒌根各等分

**Clause 397**

Decoction of Folium Bambusae and Gypsum Fibrosum

竹叶石膏汤 (*Zhuye Shigao Tang*)

竹叶二把 石膏一斤 半夏半升，洗 麦门冬一升，去心

人参三两 甘草二两，炙 梗米半升

## APPENDIX IV

### NAMES OF COMMENTATORS AND SCHOLARS MENTIONED IN THE BOOK

Huangdi, Yellow Emperor 黄帝

Zhang Ji (Zhang Zhongjing)

张机 (张仲景)

\* \* \*

Chang Qizhi 常器之

Chen Xiuyuan 陈修园

Cheng Lin 程林

Cheng Wuji 成无己

Cheng Yingmao 程应旆

Cheng Zhi 程知

Dai Yuanli 戴元礼

Du Ren 杜任

Fang Youzhi 方有执

Guo Yong 郭雍

Li Shizhen 李时珍

Li Zhongzi 李中梓

Lin Lan 林澜

Liu Hongbi 刘宏璧

Shen Liangchen 沈亮辰

Shen Mingzong 沈明宗

Sun Simiao 孙思邈

Wang Hu 汪琥

Wang Kentang 王肯堂

Wang Shuhe 王叔和

Wei Litong 魏荔彤

Wu Qian 吴谦

Wu Renju 吴人驹

Xu Shuwei 许叔微

Yu Chang 喻昌

Zhang Jianshan 张兼善

Zhang Jiebin 张介宾

Zhang Lingshao 张令韶

Zhang Xiju 张锡驹

Zhang Lu 张璐

Zhang Xichun 张锡纯

Zhang Zhicong 张志聪

Zhao Sizhen 赵嗣真

Zheng Zhongguang 郑重光

Zhou Yangjun 周扬俊

Zhu Gong 朱肱

Zhu Zhenheng 朱震亨

# APPENDIX V

## BIBLIOGRAPHY

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- II. *The Golden Mirror of Medicine* (Abbr. *Golden Mirror*) (*Yizong Jinjian*)  
医宗金鉴  
Editors: Wu Qian, et al.  
Publisher: People's Medical Publishing House, Beijing.  
First edition: 1742, Qing Dynasty.  
First reprinting: April 1973.  
Second reprinting: November 1979, 5th printing.

Remark: *The Golden Mirror of Medicine* is a medical book with 90 chapters. "Works of Zhang Zhongjing, Revised" (*Dingzheng Zhongjing Quanshu* 订正仲景全书) is a part of the book.\* The original text of the Treatise is rearranged in this book. There is a wide collection of notes, explanations and commentaries selected from the works of famous doctors and scholars from various dynasties. Some of the notes and explanations have been selected in the present book.

\* From Chapters 1-17, it is called "Treatise on Febrile Diseases Caused by Cold, Revised." Chapters 18-25 is called "Synopsis of Prescriptions of the Golden Chamber, Revised."

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## APPENDIX VI

### SOURCES IN THE CASE STUDIES

Books listed here are the sources for the CASES. In each case under the CASES, the parentheses preceding the case indicate the source from which you find the right book. For example, (11 p.120) means you can find the case in the book number 11, *Shanghan Lun Yushi* on page 120. All the books are listed in Chinese *Pinyin* (romanized spelling), then followed by Chinese and English translation (only the numbered).

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*Benshi Fang* 本事方

*Hanwen Tiaobian* 寒温条辨

*Yuyi Cao* 寓意草

*Sanyin Fang* 三因方

*Jisheng Fang* 济生方

*Zhizhi Fang* 直指方

*Lenglu Yihua* 冷庐医话

*Neitai Fangyi* 内台方议

## APPENDIX VII

### TERMINOLOGY

acute febrile disease 温病	Deficiency 虚
adverse case 坏病	<i>dou</i> 斗
adversity 逆	Dry <i>Huoluan</i> 干霍乱
Bar 关(脉)	Dryness 燥
Block in Heat 热结	Eight Principles 八纲
Block in Yang 阳结	Essence Yin 阴精
Block in Yin 阴结	Evanescence of the Stomach Vital
Blocked-up Chest 结胸	Energy 除中
Blood Cavity 血室	Excess 实
Body Fluid 津液	exogenous pathogenetic factors
Body Resistance 正气	外淫
Bowel, Bowels 腑	Exterior 表
Bowel syndrome 腑证	Exterior-Interior connected
Cereal Vital Energy 谷气	相表里
Channel 经	<i>fangcunbi</i> 方寸匕
Channel and Collateral 经络	febrile disease caused by Cold
Channel syndrome 经证	伤寒
Channel Vital Energy 经气	febrile disease caused by Wind
<i>Chi, Chi mai</i> 尺, 尺脉	中风
classical prescription 经方	<i>fen</i> 分
Cold 寒	<i>Fengwen</i> 风湿
Cold Resistance 寒格	Fire 火
Combination of syndromes 合病	Five Elements 五行
<i>Couli</i> 腠理	Five Evolution Phases 五行
Cubit 尺	Fluid-retention 饮证, 水饮
<i>Cun, Cun mai</i> 寸, 寸脉	Foot Channel 足经

- Gas-stagnancy 气痞  
*ge* 合
- Greater Yang 阳明
- Greater Yin 厥阴
- Guan*, *Guan mai* 关, 关脉
- Gudan* 谷疸
- Gujia* 固瘕
- Hand Channel 手经
- Heat 热
- Hot diarrhea 热利
- Humid *Huoluan* 湿霍乱
- Humidity 湿
- Huoluan* 霍乱
- Inch 寸 (脉)
- Initial Yang 太阳
- Initial Yin 太阴
- Interior 里
- Interior Vital Energy 中气  
*jin* 斤
- Jue* 厥
- Jue Yin* 厥阴
- Lesser Yang 少阳
- Lesser Yin 少阴  
*liang* 两
- Loss of Yang 亡阳
- Loss of Yin 亡阴
- Lower coldness with upper exhaustion 上竭下厥
- Neijing* 内经
- Nutrient Essence 营, 营气, 荣气
- Overlapping of syndromes 并病  
*qian* 钱  
*qianbi* 钱匕
- quality (of drugs) 药性
- resistance against Yang syndrome 格阳证
- Sanjiao* 三焦
- Shanghan Lun* 《伤寒论》
- Shaoyang* 少阳
- sheng* 升
- Shichen* 时辰
- Six Channel Symptom Complex 六经病
- Six Channels 六经
- six climatic factors 六淫
- Spleen Restriction 脾约
- Stomach Excess 胃家实
- Summer-heat 暑
- Taiyang* 太阳
- Taiyin* 太阴
- taste (of drugs) 药味
- TCM = Traditional Chinese Medicine 中医
- Three Portions of Body Cavity 三焦
- transmit, transmission 传 (经)
- Visceral Stagnancy 脏结
- Viscus, Viscera 脏
- Vital Energy 气
- Vital Essence 阴气
- Vital Gate 命门
- Vital Resistance 卫, 卫气
- Vital-energy Stagnancy 痞
- Water-fluid 水饮
- wearing Yang 戴阳
- Wenbing* 温病
- Wind 风

Wind-edema 风水

*Yangming* 阳明

*Yang Huang* 阳黄

Yin Yellowishness 阴黄

Yang Yellowishness (Yang Jaundice) 阳黄

*Zhongfeng* 中风

*Zhengsheng* 郑声

# 伤寒论及 500 医案

(汉)张仲景著

罗希文 编译

\*

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